

Brussels Sprouts with Toasted Pecans and Goat Cheese

- 1 lb Brussels sprouts, trimmed and shredded**
- 3 T extra virgin olive oil or pecan oil**
- 2 shallots, thinly sliced**
- 3 cloves garlic, minced**
- 1 tsp sea salt**
- ½ tsp fresh cracked pepper**
- ¼ cup crumbled goat cheese**
- ¼ cup toasted chopped pecans**

Wash and trim stems of Brussels sprouts. Place the Brussels sprouts in a food processor fitted with a large slicing disc to shred. Place extra virgin olive oil in a large sauté pan and heat it over medium heat. Add shallots and cook for 1 minute before adding the shredded Brussels sprouts, garlic, sea salt and pepper. Cook mixture for about 4 to 5 minutes, until tender and bright green. Stir in the white balsamic vinegar, season again to taste. Garnish with crumbled goat cheese and toasted pecans to serve.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN