



# Charred Brussels Sprouts Skewers

**Servings**

4

**Calories**

230

**Prep Time**

10 minutes

**Total Time**

20 minutes

**Skill Level**

Easy

## Ingredients

- 1 (12 ounce) bag Mann's Brussels Sprouts
- 2 tablespoons olive oil
- 1 teaspoon garlic salt
- 1 teaspoon dry mustard
- Juice of 1 lemon
- Pepper, to taste
- 1 cup prepared honey mustard sauce or dressing



## The Method

In a microwave, steam Mann's Brussels Sprouts in bag, about 3 minutes or until tender.

Once cooled, place Brussels Sprouts in a large mixing bowl and coat well with olive oil. Add garlic salt, mustard, lemon juice, and pepper to taste. Toss well.

Place 4 to 5 Brussels sprouts on each skewer.

Place Brussels Sprouts skewers on a pre-heated grill and grill on high heat, for 4-5 minutes or until the outside leaves are nicely charred. Turn skewer over and grill for an additional 5 minutes.

Allow skewers to cool before serving with a side of honey mustard dipping sauce.

Serves 4 as an appetizer.

### Nutrition Facts

**Serving Size: 185g | Servings: 4**

### Amount Per Serving

Calories 230 | Total Fat 8g (sat fat 1g trans fat 0g) | Cholesterol 0mg | Sodium 750mg | Total Carbohydrate 22g | Dietary Fiber 4g | Sugars 15g | Protein 3g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 8%