

# CANDIED BRUSSELS SPROUTS WITH PECANS

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 5 (Serving= 5-6 Brussels sprouts)*

## **Nutrition (per serving)**

Calories: 171	Total Carbohydrate: 10
Total Fat: 4 g	Dietary Fiber: 3 g
Saturated Fat: 0.5 g	Protein: 3 g
Sodium: 50 mg	

## **Ingredients**

- 1 (14 ounce) package frozen Brussels sprouts, cooked (microwave or steam)
- 1 teaspoon canola oil
- 2 Tablespoons honey mustard (not the dressing)
- 1 Tablespoon Splenda® brown sugar blend
- ¼ cup pecans, chopped

## **Directions**

1. Place cooked Brussels sprouts and canola oil in a small skillet on medium heat.
2. Add honey mustard, Splenda® and pecans and toss until coated.
3. Cover and cook for 3-5 minutes stirring occasionally.