

# Mark's Kitchen

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## Heart-Warming Brussels Sprouts

Ready in: 30 minutes

Serves: 4

This week we are featuring a comforting side dish from my friend and colleague, Dr. Deanna Minich. Dr. Minich is the author of [Whole Detox](#), and she offers a unique and powerful way of healing the mind, body and spirit. This warm, nurturing dish features one of my favorite veggies - Brussels sprouts - which are rich in many nutrients including vitamins C and K, some B vitamins and more. Serve it up with your favorite protein.

### Ingredients:

1 pound fresh Brussels sprouts, washed, trimmed and cut in half  
1 small yellow onion, peeled and chopped  
1 tablespoon ghee  
Sea salt and fresh ground black pepper, to taste

Step 1: Place a steamer basket in a large pot with a lid and fill with water until it reaches the bottom of the basket. Place the pot on the stove and bring the water to a boil. Add the Brussels sprouts to the pot, cover and steam for 2 to 3 minutes or until bright green and fork tender.

Step 2: In a large skillet, warm the ghee over medium-high heat. Add the onions and sauté until they become translucent.

Step 3: Add the steamed Brussels sprouts and toss with the onions. Sprinkle with the salt and pepper to taste, and continue to cook on medium-high heat until the Brussels sprouts turn slightly brown, about 4-5 minutes.

Step 4: Remove from heat and serve.

Nutritional analysis per serving (1 cup): calories 101 • fat 5 g • saturated fat 2 g • fiber 5 g • protein 4 g • carbohydrate 14 g • sodium 34 mg