

## LEMONY SHREDDED BRUSSELS SPROUTS

*(adapted from Martha Stewart.com)*

1-2 pounds of Brussels sprouts  
2 T olive oil  
2 T water  
zest of 1 lemon  
good squeeze of lemon juice  
salt and pepper to taste

Thinly slice the Brussels sprouts with a knife or the slicing disk of your food processor. Heat the olive oil in a skillet until very hot, almost smoking. Add the sliced veggies, the water, season with salt and pepper and cook, stirring every once in a while until the sprouts become tender and develop a few brown spots. Add lemon zest, mix, squeeze a little lemon juice all over and serve.