

BRUSSELS SPROUTS

1. Wash the vegetables
2. Remove tough outer leaves.
3. Cut sprouts in half.
4. Steam blanch for 3 minutes and drain. (Optional)
5. Dehydrate brussels sprouts at 130°F for 10 hours or until brittle.

To re-hydrate, soak in hot water with a little lemon juice for about 30 minutes. Simmer to desired tenderness.