

BRUSSEL SPROUTS with RED SAUCE

...courtesy of Basha Gatien

(This makes a veggie dish for 2)

12 brussel sprouts (uniform in size)

1 small onion

3 cloves fresh garlic

one stalk celery

2 - 3 large fresh tomatoes

1 cube butter

2 teaspoons pizza seasoning dry mix (Sunny Farms)

2 teaspoons sugar

1/2 teaspoon salt

1/4 teaspoon fresh ground black pepper

1/8 teaspoon red pepper flakes

1/2 cup grated Parmeggiano -Reggiano Cheese

1/2 cup Panko crumbs

Make sauce first:

Melt cube of butter in deep frying pan

Chop garlic, celery, onion & fresh tomatoes

Sauté until soft - about 6-8 minutes

Add sugar, salt, pepper, red pepper flakes, and pizza sauce dry mix

Sauté approximately 45 minutes on low flame

Cut brussel sprouts in half

Cover with water & boil for 10 minutes & drain

Add brussel sprouts to sauce

Mix Cheese and Panko bread crumbs

Pour brussel sprout mixture into pie pan

Sprinkle with cheese mixture

Dot with butter

Bake in 325' oven for approximately 20 minutes

Remove and serve