

honey balsamic chicken + brussels sprouts

Makes 4 servings

RECIPE FROM: [With the Woodruffs](#)

PREP TIME: 5 minutes

COOK TIME: 15 minutes

1 lb ground chicken breast
12 oz shaved brussels sprouts*
1 Tbsp olive or avocado oil

FOR THE SAUCE

½ cup balsamic vinegar
1 Tbsp honey, or to taste
2 Tbsp whole grain mustard
salt and black pepper, to taste

NOTE: You can buy a bag of shaved brussels sprouts or make your own from whole sprouts by thinly slicing with a knife, running them through a food processor with a slicer blade, or using a mandolin. Halved or quartered brussels sprouts also work for this recipe.

MIX sauce ingredients together and set aside.

HEAT oil in a large skillet over medium-high heat.

ADD brussels sprouts and saute for 4-5 minutes. Remove from skillet and transfer to a bowl. *(If using halved or quartered sprouts, cook a few minutes more.)*

ADD ground chicken to skillet and cook until golden brown and fully cooked.

STIR in sauce, cooking until it thickens, about 1-2 minutes.

TURN off the heat and add brussels sprouts.

TASTE and season with salt and pepper, if needed.

SERVE as is or over cauliflower rice or brown rice.

