

Quick & Easy

THE COSTCO WAY

Natural Delights® Medjool Dates Brussels Sprouts

Makes 4 servings

Ingredients:

2 Tbsp extra virgin olive oil, divided
2 Tbsp butter, divided
1 lb Brussels sprouts, halved
1 tsp salt
Pepper to taste
3 garlic cloves, finely minced
12 oz Natural Delights® Medjool dates, pitted and chopped
4 oz crumbled goat cheese (optional)

Instructions:

In a skillet over medium, combine 1 Tbsp oil and 1 Tbsp butter. Heat until butter is melted. Add Brussels sprouts. Sprinkle evenly with salt and pepper. Cook for 5 minutes, or until sprouts begin to soften, tossing occasionally. Add garlic, and remaining 1 Tbsp oil and 1 Tbsp butter. Cook for 4 to 5 minutes, tossing occasionally. Remove sprouts to a bowl. Return the skillet to the heat. Add dates to the skillet. Cook for 2 minutes, or until caramelized, stirring often. Add sprouts back to the skillet. Toss to combine. Let cool slightly. Serve warm with a sprinkle of goat cheese on top, if desired.

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