

UCSF Carol Franc Buck Breast Care Center Presents

Taste for the Cure: A Taste of Science



Taste for the Cure Demo Recipe: **Balsamic Brussels Sprouts Saute** (or Quinoa)

Ingredients

3 cup cooked rice (day old is perfect, any type or color. Or quinoa, or try lentils or even small pasta like orzo or couscous, or use cauliflower rice)
1/2 pound brussels sprouts
1/2 pound cremini mushrooms
1 shallot
2 cloves garlic
1 teaspoon honey (optional)
1 lemon, zest and juice
1/2 teaspoon dijon
5 Tablespoons balsamic vinegar
3 Tablespoons Olive oil (or coconut oil, avocado oil, etc)
1 teaspoon Kosher salt
1/2 cup dried cranberries or gold raisins (optional)
1/2 cup sliced almonds (or walnuts, pine nuts, pistachios)
1/2 cup chopped parsley or basil

Instructions

Day before - if needed, cook the rice according to package directions and let it cool overnight. If you didn't do this, you can still make the dish but spread the rice out in one thin layer on a baking sheet and put it in the top of the fridge for as long as you can up to 2 hours.

Trim the end off the brussels and cut them in thin strips across the grain. The strips will fall apart into ribbons. Place in a bowl.

Slice the mushrooms thinly. Set aside.

Slice the shallot into rings. Mince the garlic. Set aside.

In a small bowl, whisk together the, honey, zest and juice of the lemon, dijon, balsamic and 1 Tablespoon of the olive oil. Add half of the salt. Set aside.

Heat the remaining olive oil in a large skillet over medium high heat. Add the mushrooms and saute for about 2-4 minutes until starting to brown and dry out. Add the shallot and cook for 2 minutes longer. Add the brussels and cook for 2 minutes until bright green. Now add the rice and stir to mix it all up well. Press into the bottom of the pan and if needed, drizzle in a little more oil or butter, let it get crispy by cooking without stirring for 2 minutes. Pour in the sauce and it will sizzle, helping the rice to unstick from the pan. Stir well and keep cooking.

Toss in the cranberries, nuts, and chopped herbs. Serve immediately.