

MOURAD'S BRUSSEL SPROUTS WITH CAPERS AND BELL PEPPERS



DIRECTIONS

Heat the olive oil in large skillet and add all the other ingredients. Sauté on high heat stirring constantly for 4 to 6 minutes until the sprouts reach desired tenderness. Add salt & pepper to taste.

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2 lbs. small brussel sprouts
with stems cut off, quartered

1 red bell pepper, seeded and
cut in thin 1 in" strips

2 tbsp. capers, drained

2 tbsp. olive oil

Salt and freshly ground
pepper to taste