

Brussel Sprouts

Ingredients

1 pound brussel sprouts
½ pint blueberries
½ cup water
6 ounces of manchego cheese

Blanch brussel sprouts for 4-5 minutes until soft. Cut in half and remove stem. Set aside.

In a medium saucepan place blueberries and water. Cook until blueberries burst and sauce thickens.

Add Brussels to the blueberry sauce and stir. Spoon Brussels into ramekins alternating with manchego cheese. Place in 400 degree oven until cheese is melted and flavor blends. 5-7 minutes. Enjoy!