



# Garlic Pine Nut Brussels Sprouts Holiday Delight

## A Little Sprout Story

I used to turn my nose up at brussels sprouts. So did my grandson, Leo. One year, I roasted them with a bit of honey. He ate the whole bowl! I still laugh at that.

It taught me something important. How we cook changes everything. A little love makes the tough stuff sweet. That's why this recipe matters. It turns a shy veggie into a star.

## Why We Simmer First

We start these sprouts in a pan with water. We let them get soft and

tender inside. This is the secret step. It makes sure they are never bitter or hard.

Then we drain them well. A wet sprout won't get those nice toasty bits later. Trust this old kitchen trick. It makes all the difference for a happy vegetable.

## The Magic in the Pan

Now for the fun part. We heat olive oil in a big skillet. In go the pine nuts. Watch them closely! They turn golden fast. Doesn't that smell amazing?

Then add the garlic. It sizzles and fills the kitchen with its cozy smell. *Fun fact: Pine nuts are actually seeds from pine cones!* Stir in your tender sprouts next. Let everything get warm and friendly together.

## Taste and Share

Finally, you season. Add a pinch of salt and pepper. Taste it. Does it need a little more? You are the boss of your own pan.

This dish is perfect for holidays. But it's also great on a Tuesday. It feels special without being fussy. What's your favorite simple side dish for a family dinner? I'd love to know.

## A Bowl of Goodness

When you serve these, watch people's faces. They might be surprised. A humble sprout can be so delicious. That's the second reason this matters. Good food brings simple joy.

It connects us. To the earth, to our hands, to each other around the

table. Do you have a food that changed your mind, like my sprouts? Tell me your story.

## Your Turn in the Kitchen

Now, you try it. Follow the steps, but don't worry. Cooking is not a test. It's a little adventure. If your nuts brown a bit too much, it's okay. They will still taste wonderful.

See also [Spiced Sweet Potato Cheddar Fritters](#)

Will you make these for a holiday or a weeknight? Let me know how it goes in your kitchen. I'll be right here, cheering you on.

## Ingredients:

Ingredient	Amount	Notes
Brussels sprouts	1 pound	Small, firm, bright green, rinsed with stem ends and discolored leaves removed
Table salt	½ teaspoon	For boiling water
Olive oil	2 tablespoons	
Pine nuts	¼ cup	
Garlic	2 large cloves	Minced
Salt and ground black pepper	To taste	For seasoning after cooking





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### Instructions

**Step 1:** First, we gently cook the sprouts. Put them in a saucepan with the water and salt. Bring it to a boil, then cover and simmer. Shake the pan once or twice so they cook evenly. They are done when a knife slides in easily. (A hard-learned tip: use a small, sharp knife to test just one sprout!)

**Step 2:** Next, let's make the magic. Heat the olive oil in a big skillet. Add the pine nuts and stir them often. You'll watch them turn a lovely golden brown. Then add the minced garlic. Its smell will fill your kitchen. Doesn't that smell amazing?

**Step 3:** Finally, bring it all together. Add your drained sprouts to the skillet. Stir everything constantly for a few minutes. This gets them hot and coated in that garlicky nutty oil. Taste one and add salt and pepper until it's just right for you. **Do you prefer your sprouts soft or with a little bite? Share below!**

### Creative Twists

My grandkids love to help me play with this recipe. You can make it your own, too. Try adding a big squeeze of fresh lemon juice at the end. It makes everything taste brighter. Or, sprinkle on some grated Parmesan cheese right before serving. So salty and good! For a special treat, use chopped bacon instead of pine nuts. Cook the bacon first, then use its fat for the garlic. Which one would you try first? Comment below!

## Serving & Pairing Ideas

This dish shines on a holiday table. I serve it right from my favorite warm skillet. It's wonderful next to a simple roast chicken or turkey. For a pretty plate, add some orange slices or cranberries. To drink, a crisp white wine for the grown-ups is lovely. For everyone, sparkling apple cider feels like a celebration. The bubbles are so fun. Which would you choose tonight?

See also Caramelized Banana Christmas Delight



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### Keeping Your Sprouts Happy for Later

Let's talk about storing these little green gems. Cool them completely first. Then tuck them into an airtight container. They will be happy in your fridge for three days. You can freeze them for a month, too. Just lay them flat on a baking sheet first. Once frozen, pop them into a bag.

Reheating is simple. Use a skillet over medium heat. A tiny splash of water helps them steam. Stir them until they are warm and toasty again. The microwave works, but they get a bit soft. I once reheated them in the oven. They got wonderfully crispy edges!

Batch cooking this dish saves precious holiday time. Cook a double batch on Wednesday. Store it as I showed you. On the big day, just reheat and serve. This matters because it gives you more time with family. You won't be stuck in the kitchen all day. **Have you ever tried storing it this way? Share below!**

### Little Fixes for Common Sprout Troubles

Sometimes our sprouts need a little help. First, they can turn out soggy. This happens if you skip the draining step. Be sure to drain them very well after boiling. Pat them dry with a towel for extra safety.

Second, the pine nuts or garlic might burn. They cook very fast! Keep your heat at medium, not high. Stir them almost constantly. I remember when I burned my first batch of nuts. The kitchen smelled like campfire for an hour!

Third, the flavor might seem bland. Do not forget the final seasoning. Taste and add more salt and pepper at the end. This final touch makes



all the difference. Fixing these small issues builds your cooking confidence. It also makes your food taste so much better. **Which of these problems have you run into before?**

See also Festive Pork Loin with Spiced Fruit Glaze

## Your Quick Questions, Answered

**Q: Is this recipe gluten-free?**

A: Yes, it is naturally gluten-free. All the ingredients are safe.

**Q: Can I make it ahead?**

A: Absolutely! Follow my storage tips above. Reheat just before serving.

**Q: What if I don't have pine nuts?**

A: Chopped walnuts or sliced almonds work nicely. \*Fun fact: Pine nuts are actually seeds!\*

**Q: Can I double the recipe?**

A: You can. Use your biggest skillet. You may need to cook in two batches.

**Q: Any optional add-ins?**

A: A sprinkle of parmesan cheese at the end is lovely. A squeeze of lemon adds a nice zing. **Which tip will you try first?**

## From My Kitchen to Yours

I hope you love making this dish. It is simple but feels so special. It always reminds me of my own grandmother's table. She taught me that good food brings people together.

I would love to hear about your cooking adventure. Tell me how it



turned out for your family. **Have you tried this recipe?** Please share your story in the comments below. I read every single one.

Happy cooking!  
—Elowen Thorn.





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[Print Recipe](#)

# **Garlic Pine Nut Brussels Sprouts Holiday Delight**

Author: Elowen Thorn



Cooking Method: [Stovetop](#)



Courses: [Side](#)





Difficulty: **Beginner**



## Garlic Pine Nut Brussels Sprouts Holiday Delight | 18

Prep time: **10 minutes**



Cook time: **15 minutes**



Rest time:





## Garlic Pine Nut Brussels Sprouts Holiday Delight | 21

Total time: **25 minutes**



## Garlic Pine Nut Brussels Sprouts Holiday Delight | 22

Servings: **4 servings**



Calories: **140 kcal**



Best Season: **Summer**

## **Description**

Brussels Sprouts with Garlic and Pine Nuts



## Ingredients

- ☐ 1 pound brussels sprouts, small, firm, bright green, rinsed with stem ends and discolored leaves removed
- ☐ ½ teaspoon table salt
- ☐ 2 tablespoons olive oil
- ☐ ¼ cup pine nuts
- ☐ 2 large cloves garlic, minced
- ☐ Salt and ground black pepper

## Instructions

1. Bring sprouts, 1/2 cup water, and 1/2 teaspoon salt to boil in 2-quart saucepan over medium-high heat. Lower heat, cover, and simmer (shaking pan once or twice to redistribute sprouts) until knife tip inserted into a brussels sprout center meets no resistance, 8 to 10 minutes. Drain well and set aside.
2. Heat oil in large skillet over medium heat. Add nuts; cook, stirring frequently, until nuts begin to brown, about 2 minutes. Add garlic; cook until softened, about 1 minute.
3. Stir in sprouts and cook, stirring constantly, until heated through, 2 to 3 minutes. Season to taste with salt and pepper and serve.

Keywords: Brussels Sprouts, Garlic, Pine Nuts, Side Dish, Holiday