

Brussels Sprouts and Pearl Onions in Horseradish Cream

Servings: 8

*1 10 oz bag frozen pearl onions
peeled*
1 1/2 pounds small brussels sprouts
*3 tablespoons or more, prepared white
horseradish*
2 teaspoons flour
1/8 teaspoon ground allspice
3/4 cup whipping cream
3 tablespoons butter
1 teaspoon fresh thyme, chopped
Fresh thyme sprigs optional

Cook onions in a large pot of boiling salted water until tender, about 2 minutes. Transfer onions to bowl; set aside to cool. Return water to boil, add more salt. Add brussels sprouts, and boil until just tender, about 6 minutes. Drain well. Cut brussels sprouts in half through root end. (Can be prepared 1 day ahead. Combine vegetables, cover and chill)

Whisk 3 tablespoons horseradish, flour and allspice to blend; whisk in whipping cream. Melt butter in heavy large skillet over medium heat. Add chopped thyme and stir 30 seconds. Add vegetables and sauté until heated through, about 4 minutes. Add cream mixture and cook until vegetables are coated and cream mixture is reduced to glaze, stirring often, about 3 minutes. Season to taste with salt and pepper, adding more horseradish by 1/4 teaspoonsful, if desired. Transfer vegetables to bowl. Garnish with thyme sprigs, if desired.

Per Serving (excluding unknown items): 118 Calories; 13g Fat (94.2% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 42mg Cholesterol; 52mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 2 1/2 Fat.