**Sauteed Brussels Sprouts Recipe**

Here's a faster and fresher-tasting way to prepare brussels sprouts. We buy them on the stalk at the farmer's market. Look for firm, dark-green sprouts without any yellow leaves.

About 1 1/4 lbs. fresh brussels sprouts
1 tbsp olive oil
1 tbsp unsalted butter
2 shallots, chopped
1/2 cup chicken broth
Salt and freshly ground pepper to taste
1 tbsp lemon juice (optional)

Slice the ends off of the brussels sprouts and discard; keep on slicing across the sprouts so you'll have quarter-inch slices. Heat the oil and butter in a large skillet over medium heat. Saute shallots for a minute, then add sprouts. Saute for a minute or so until mixture starts to brown, then add the chicken broth. Cook for 3-4 minutes, stirring occasionally, until tender but not overcooked. Stir in seasoning and lemon juice (optional) just before serving.

Note: This can be prepared an hour or so ahead of time, up until the point where the broth is added. Continue cooking 5-10 minutes before serving.

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