

Spiced Brussels Sprouts

1 pound Brussels sprouts, halved
½ cup water
3 tablespoons butter
½ teaspoon garam masala
¼ teaspoon ground cumin
¼ teaspoon ground turmeric
½ teaspoon sea salt
1-tablespoon cane sugar (optional)

Microwave halved Brussels sprouts with water in covered dish for four minutes. Remove dish from microwave and drain. In a skillet melt butter over medium heat and add spices. Combine spices and butter and then add Brussels sprouts. Toss and coat Brussels sprouts with butter and spices. Reduce heat and sauté for another two minutes.