



Sweet and Orangey Brussels Sprouts

Vegan, Gluten Free

[makes 8 servings]

2 pounds Brussels sprouts (1.5 pounds when trimmed)

1/4 cup freshly squeezed orange juice

1 teaspoon grated orange zest

1 tablespoon Earth Balance buttery spread

2 tablespoons maple syrup

1/4 teaspoon black pepper, or to taste

1/2 teaspoon salt, or to taste

Trim 1/4 inch off the bottom of each Brussels sprout. If they are large, cut them in half. Otherwise, leave them whole. Rinse under cold water.

Instant Pot Pressure Cooker Recipe

Place all of the ingredients in the Instant Pot or similar Pressure cooker.

Cover with the pressure cooker top, making sure that the quick release switch is closed.

Push the manual button and set it for 4 minutes if the Brussels sprouts are good size and whole and 3 if they are very small or cut in half. If you like them harder than fork tender, you should set it for less time. You can always cook them longer if they aren't done to your liking.

When the time is up, hit the off button and quick release the pressure.

Stir until the Brussels sprouts are evenly covered with sauce and serve.