

BRUSSELS SPROUT HASH WITH CAPERS, LEMON AND HAZELNUTS

SERVES 4-6

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½ cup hazelnuts (if you can get them already skinned, skip step 1)
3 Tablespoons unrefined, cold pressed, extra virgin olive oil or coconut oil
1 Tablespoon unsalted butter (or just use more oil)
¼ cup capers, well drained
*1 pound Brussels sprouts, washed and trimmed, and shredded**
the juice of 1 lemon, about 2 ½ Tablespoons
Sea salt and freshly ground black pepper, to taste
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1. Preheat the oven to 350°. In a pie plate or baking sheet, toast the hazelnuts until the skins blister, about 15 minutes. Transfer the nuts to a clean kitchen towel and let cool, then rub to remove the skins. If you don't mind hazelnut skins, you don't need to remove them. Coarsely chop the nuts.
2. In a large heavy skillet, heat the olive oil and butter over medium heat. When the oil is hot, but not smoking, add the capers (be careful since they will probably splatter!) Sauté the capers for about one minute, or until they start opening like little flowerbuds.
3. Add the Brussels sprouts and hazelnuts to the pan and stir to coat with the oil and caper mixture. Pour in the lemon juice and cook, stirring frequently, for about 5 minutes or until the sprouts are tender but still a little crisp.
4. Remove from the heat and add salt and pepper to taste. Serve immediately.

*You can do this by hand by thinly slicing them with a sharp knife or with the slicing disc in your food processor. If you use the food processor, remember to push down on the sprouts with the attachment while you are slicing them.

Notes: you can also add some cooked, diced bacon and/or some fried sage leaves.