

## Brussels Sprout and Hummus Flatbread

### Instructions

1. Shave the Brussels sprouts into small pieces and sauté with oil, salt, and pepper on medium heat for 10 minutes.
2. While the Brussels sprouts are cooking, cut the chicken sausages into small quarters and cook on the stovetop according to the package instructions.
3. Turn the oven to broil and place the pieces of flatbread in the oven until they turn golden brown.
4. Once the flatbread is done, layer each piece with a generous spread of hummus.
5. Add the Brussels sprouts and sausage on top of the flatbread, and enjoy!

### Ingredients

- ☐ 2 pieces of flatbread
- ☐ 1/4 cup of hummus
- ☐ 1 package of chicken sausage
- ☐ 6-8 Brussels sprouts
- ☐ 1 tbsp of extra-virgin olive oil
- ☐ Salt and pepper to taste

### Grocery List

#### Produce

- ☐ Brussels sprouts

#### Canned Goods/Grocery

- ☐ Flatbread
- ☐ Hummus
- ☐ Extra-virgin olive oil
- ☐ Salt and pepper

#### Meat

- ☐ Chicken sausage