

# Broken Spaghetti With Shredded Brussels Sprouts and Onions



Katherine Frey/The Washington Post

I keep finding new ways to appreciate Brussels sprouts. I love them roasted, but lately I've been shredding them. Thinly sliced, the sprouts can be quickly sauteed. The method maintains their texture, their bright, slightly bitter taste and their nice green color.

This dish is a perfect example. The sprouts are mixed with caramelized onions and broken spaghetti. The ingredients are few and simple, but the dish is a complex mixture of flavors, with the sweet bite of the onions complementing the sprouts.

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**Servings: 4**

## **Ingredients**

- 8 ounces dried spaghetti, broken into approximately 2-inch

lengths

- 1 1/2 tablespoons olive oil
  - 2 teaspoons unsalted butter
  - 1 large onion, thinly sliced (8 ounces)
  - 8 ounces Brussels sprouts, trimmed, cut in half and thinly sliced
  - Salt
  - Freshly ground black pepper
  - 1/2 cup white wine, or homemade or no-salt-added chicken broth
  - 1/4 teaspoon sugar
  - Freshly grated Parmigiano-Reggiano cheese, for garnish (optional)
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## Directions

Cook the spaghetti according to the package directions. Transfer the cooked, drained spaghetti to a large serving bowl and toss with 1 tablespoon of the oil.

While the spaghetti is cooking, heat the remaining 1/2 tablespoon of oil with the butter in a large nonstick saute pan or skillet over medium-high heat. Add the onions and reduce the heat to medium;

cook, stirring every minute or so, for 8 to 10 minutes, until the onion is soft and the edges are lightly caramelized.

Add the Brussels sprouts, and season with salt and pepper to taste. Increase the heat to medium-high; cook, stirring frequently, for about 5 minutes or until the sprouts have softened but are still bright green. Add the wine or broth and the sugar; stir to combine. Cook for about 2 minutes, until some of the liquid has evaporated and the mixture is still moist but not soupy. Pour over the spaghetti in the bowl and toss to combine well. Taste, and adjust the seasoning as needed. Serve warm; pass the cheese at the table for sprinkling, if desired.

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## **Recipe Source**

From Nourish columnist Stephanie Witt Sedgwick.

*Tested by Stephanie Witt Sedgwick.*

[Email questions to the Food Section.](#)