



Fresh Roasted Brussel Sprouts & Bacon

YOU'LL NEED

- **Brussel sprouts, raw, cut in half – 4 cups**
- **Olive oil – 1-2 Tbsp**
- **Yellow onion, sliced – ¼ cup**
- **Garlic, sliced thin – 1 Tbsp**
- **Bacon, smoked, thick cut, large dice – 1-2 cup**
- **Salt – taste**
- **Pepper – to taste**
- **Real butter, no salt added – 1-3 Tbsp**

Optional Garnish

- **Parsley, chopped – 1 Tbsp**
- **Parmesan cheese, fresh grated – 1-4 Tbsp**
- **Walnuts, oven roasted – 1- 4 Tbsp**

Chef Notes

1. Yields 4 portions
2. If brussel sprouts are large, cut in quarters.
3. Rendering bacon means extracting the bacon fat which will add a lot of flavor.
4. May omit bacon if desired.

METHOD OF PREPARATION

1. Pre-heat oven to 425 degrees.
2. In mixing bowl, add oil and raw cut brussel sprouts and season with salt and pepper.
3. Place seasoned sprouts on baking sheet and bake in oven until they are done. Should take about 20-40 minutes. Will be soft yet still with good texture and crispy edges with some dark brown color. Remove from oven once finished cooking.
4. Place large sauté pan on medium heat and start rendering bacon. May need to add a splash of olive oil to get it going. Cook until bacon is crispy and golden brown. 5-10 minutes.
5. Add onions to pan and continue to cook until onions are soft (5-8 minutes).
6. Turn up heat to high and add garlic and butter and cook for 1 minute.
7. Add roasted brussel sprouts to pan and toss all together and season to taste with salt and pepper.
8. At this point they are ready to serve.
9. For optional garnishes, can add fresh chopped parsley and freshly grated parmesan cheese. Also can add walnuts for added texture and crunch.

Enjoy!