

Another Healthy Recipe from



Bacon Braised Brussels



This recipe is amazingly simple and amazingly delicious! Not to mention that Brussels are chocked full of vital nutrients like Vitamins B, C, and K, dietary fibers, potassium and healthy Omega-3 fatty acids!

INGREDIENTS

4 slices thick cut bacon
1 lb Brussel sprouts, trimmed and halved
1 clove garlic
1/2 cup low sodium chicken stock
1 T unsalted butter
Salt and pepper to taste

DIRECTIONS

1. Cook bacon over low heat until crisp. Transfer to paper town, reserving bacon grease in skillet
2. Increase heat to med-high; sauté Brussels sprouts in bacon grease until lightly browned; Add garlic and sauté until fragrant.
3. Add chicken stock, cover and simmer until Brussels sprouts are bright green. Remove lid and continue simmering until liquid is evaporated and sprouts are tender.
4. Remove skillet from heat; crumble and stir in bacon, butter, salt and pepper.
5. ENJOY!!

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