

Sautéed Brussels Sprouts with Bacon & Onions

10 servings, about 3/4 cup each

Active Time: 35 minutes

Total Time: 35 minutes



Ingredients

- 2 1/2 pounds Brussels sprouts, trimmed
- 4 slices bacon, cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 4 sprigs thyme or savory, plus 2 teaspoons leaves, divided
- 1 teaspoon salt
- Freshly ground pepper to taste
- 2 teaspoons lemon juice (optional)

Preparation

1. Bring a large pot of water to a boil. If sprouts are very small, cut in half; otherwise cut into quarters. Cook the sprouts until barely tender, 3 to 5 minutes. Drain.
2. Meanwhile, cook bacon in a large heavy skillet over medium heat, stirring, until brown but not crisp, 3 to 6 minutes. Remove with a slotted spoon to drain on a paper towel. Pour out all but about 1 tablespoon bacon fat from the pan.
3. Add oil to the pan and heat over medium heat. Add onion and cook, stirring often, until soft but not browned, reducing the heat if necessary, about 4 minutes. Stir in thyme (or savory) sprigs, salt and pepper. Increase heat to medium-high, add the Brussels sprouts, and cook, tossing or stirring occasionally, until tender and warmed through, about 3 minutes. Remove the herb sprigs. Add the bacon, thyme (or savory) leaves and lemon juice, if using, and toss.

Nutrition

81 calories; 3 g fat (1 g sat , 2 g mono); 4 mg cholesterol; 10 g carbohydrates; 5 g protein; 3 g fiber; 333 mg sodium; 432 mg potassium.

Carbohydrate Servings: 1/2

Exchanges: 1 vegetable, 1 fat