

Brussels Sprouts, Bacon, Onion

Portion Size: 1/2 cup

Yield: 10

Ingredients

Brussels Sprouts, fresh	2 ½ cup
Bacon	2 slices
Canola Oil	1 1/2 tsp
Yellow Onions, diced	1 cup
Thyme Sprigs	2 ea
Kosher Salt	1/2 tsp
Black Pepper	1/4 tsp

Preparation:

1. Trim and quarter brussels sprouts. Set aside.
2. Cook bacon in a skillet. Remove bacon from pan once crispy (reserve fat in pan).
3. Chop bacon and set aside.
4. Add oil to the pan with bacon fat and heat over medium heat. Add onion and cook until softened.
5. Stir in thyme sprigs, salt and pepper. Increase heat to medium-high, add Brussels sprouts. Cook, stirring occasionally, until tender and caramelized, about 3-5 minutes.
6. Remove the herb sprigs. Add the chopped bacon and toss.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
50	3	5	1	1	2	0	180



FLIK-USA.com/blog



FLIK Hospitality
Group



@FLIKHospitality