

Sauteed Brussels Sprouts with Bacon & Onions

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Ingredients

2 ½ 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)

Directions

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, 3-5 minutes. Drain

Meanwhile, cook bacon in a large heavy skillet over medium heat, stirring, until brown but not crisp, 3-6 minutes. Remove with a slotted spoon to drain on a paper towel. Pour out all but about 1 Tablespoon bacon fat from the pan.

Add oil to the pan and heat over medium heat. Add onion and cook, stirring often, until soft but not brown, 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 Information

Makes 10 servings, about $\frac{3}{4}$ cup each

Calories: 81; Total Fat: 3g (Saturated Fat: 1g); Cholesterol: 4mg; Sodium: 333mg; Total Carbohydrate: 10g; Dietary Fiber: 3g; Protein: 5g

Notes

Make ahead tip: Prepare through Step 1, rinse with cold water; store airtight in the refrigerator for up to 1 day. Finish with Steps 2-3, 15-20 minutes before serving.

