

BRUSSEL SPROUTS

with Bacon, Garlic & Shallots

WAC Fun Food Fact

Brussels sprouts are getting lots of attention lately, and for good reason. As a member of the cruciferous family of vegetables, the Brussels sprout offers cancer-preventive benefits along with a healthy dose of fiber. If you have never tried them, or if you think you don't like them, try this recipe and see what you think!

INGREDIENTS

- 6 slices center-cut bacon, chopped
- 1/2 cup sliced shallot (about 1 large)
- 1 1/2 pounds Brussels sprouts, trimmed and halved
- 6 garlic cloves, thinly sliced
- 3/4 cup fat-free, lower-sodium chicken broth
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Nutrition Information

Calories 90 Fat 2.4g Saturated Fat 1.1g Monounsaturated Fat 0.6g Polyunsaturated Fat 0.3g
Protein 6.7g Carbohydrate 13.5g Fiber 4.5g Cholesterol
8mg Iron 2mg Sodium 263mg Calcium 60mg

Recipe of the Month | **SEPTEMBER**

PREPARATION

Step 1

Heat a large nonstick skillet over medium-high heat. Add bacon, and sauté for 5 minutes or until bacon begins to brown. Remove pan from heat. Remove the bacon from pan with a slotted spoon, reserving 1 tablespoon drippings in pan (discard the remaining drippings).

Step 2

Return pan to medium-high heat, and stir in bacon, shallot, and Brussels sprouts; sauté 4 minutes. Add garlic, and sauté for 4 minutes or until garlic begins to brown, stirring frequently. Add the chicken broth, and bring to a boil. Cook for 2 minutes or until the broth mostly evaporates and the sprouts are crisp-tender, stirring occasionally. Remove from heat; stir in salt and pepper.



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