

BRUSSELS SPROUTS

INGREDIENTS

12 oz. Brussels sprouts	4 slices cooked bacon
2 tbsp olive oil	1 cup pecans
1/2 cup dried cranberries or craisins	1/4 tsp sea salt

PROCEDURE

Preheat oven to 400 degrees.

Slice all Brussels sprouts in half.

Combine Brussels sprouts, olive oil, sea salt, and toss to combine.

Place Brussels sprouts cut side down on a baking sheet.

Roast for 25 minutes. Last 5-10 minutes turn over to brown.

In a large bowl, combine Brussels sprouts, chopped bacon, toasted pecans, and soaked dried cranberries / craisins. Toss everything together.
Can add bacon fat for flavor.

*optional - Add 1 tbsp of olive oil and mix.

Toast Pecans Line baking sheet with parchment paper. Add pecans on layer. Toast for about 5 minutes at 350 degrees until dark in color.

Dried Cranberries Soak briefly in hot water for best results. Bring small pot water to boil. Pour over dried cranberries and soak for 10 minutes. Drain.

Cook Bacon in Oven Line baking sheet with aluminum foil, fold sides up and place parchment paper on top. Single layer of bacon on sheet and cook 400 degrees for about 20 minutes. Drain bacon fat and keep for salad - optional.

NATURAL HEALTH

2000 Jefferson St. Quincy, IL 62301
(217) 228-2040