

Brussels Sprouts sautéed with Pecans and Shallots

Ingredients

8 cups Brussels sprouts trimmed and cut in half
4 strips turkey bacon
1 Tbsp canola or olive oil
1 cup sliced shallots
1 teaspoon minced garlic
3/4 cup pecan pieces
2 tsp brown sugar

Directions:

Lightly roast the pecan pieces on a non-stick or cast iron skillet over low heat color starts to darken.

Steam the Brussels sprouts in a steamer or microwave until just barely tender (6-10 minutes depending on which method you use).

Cook the turkey bacon strips until just crisp but not burnt. Place them on paper towels to cool, then break them into small pieces.

Add the canola/olive oil to the same pan and sauté the shallots over medium heat, stirring frequently for 2-3 minutes. Add the garlic and sauté an addition 1-2 minutes until the shallots are golden. Stir in the sprouts and sauté and additional 2-4 minutes.

Sprinkle the pecans and brown sugar over the top and stir to blend.

Reduce heat to low and continue to cook an additional minute. Add salt/pepper to taste. Spoon into serving bowl and sprinkle bacon bits over the top.

Serves 8

Nutrition info:

Per serving—165 calories, 20 g carbohydrate, 9 g fat, 6 mg cholesterol, 5 g fiber 110 mg sodium (with no added salt)

Recipe from Webmd.com