

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Brussels Sprouts with Bacon

From www.tasteofhome.com

Serves 4

3 bacon strips (make sure to get bacon that is nitrate-free)
1 ¼ pounds fresh or frozen Brussels sprouts, thawed, quartered
1 large onion, chopped
2 Tbsp water (or more if needed)
¼ tsp salt
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2 Tbsp balsamic vinegar

1. In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels; drain, reserving 1 Tbsp drippings. Crumble bacon and set aside.
2. In the same pan, sauté Brussels sprouts and onion in reserved drippings until crisp-tender. Add the water, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 4-5 minutes or until Brussels sprouts are tender. You can add another Tbsp or 2 if water if needed. Stir in bacon and vinegar.