

# Bacon Brussels Sprout Skewers

Courtesy of Delish ([www.delish.com](http://www.delish.com))  
[www.aldi.com](http://www.aldi.com)

*2 pounds Brussels Sprouts,  
washed and trimmed  
1 tablespoon olive oil  
1 tablespoon ground black  
pepper  
12 slices center cut bacon*

**Preparation Time: 15 minutes**

**Cook Time: 25 minutes**

Preheat the oven to 400 degrees.

In a medium bowl, combine the Brussels sprouts, oil and black pepper. Toss to coat.

On twelve skewers, thread four sprouts and wrap each skewer with one piece of bacon.

Roast on a parchment-lined baking sheet for 25 minutes or until tender and golden brown.

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Per Serving (excluding unknown items): 487 Calories; 16g Fat (25.3% calories from fat); 28g Protein; 77g Carbohydrate; 33g Dietary Fiber; 0mg Cholesterol; 207mg Sodium. Exchanges: 1/2 Grain(Starch); 14 Vegetable; 2 1/2 Fat.