

Beyond-Compare Brussels Sprouts

Chef Kates - Aldi Test Kitchen
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Servings: 8

cooking spray
1 box (8.5 ounce) corn
muffin mix
1 cup frozen sweet corn,
thawed
8 slices premium sliced
bacon
3 to 3-1/2 pounds Brussels
sprouts, trimmed and
halved
salt (to taste)
pepper (to taste)
1/2 teaspoon ground
nutmeg
1/2 cup onion, finely
chopped
1/4 cup chicken stock
(optional)

Preparation Time: 10 minutes

Cook Time: 40 minutes

Preheat the oven to 375 degrees.

Coat a square baking dish with cooking spray. Prepare the cornbread batter according to package instructions. Stir the thawed corn into the batter.

Bake for 15 minutes or until a toothpick inserted in the center comes out clean. Let cool.

Cook the bacon until crisp. Reserve the bacon drippings. Crumble the bacon when it is cool.

Place the Brussels sprouts on a baking sheet. Toss with the bacon drippings, salt, pepper and nutmeg.

Roast for 15 to 20 minutes.

Break the cornbread into bite-sized pieces. Place on a baking sheet.

Bake for 12 to 15 minutes, stirring occasionally, until golden brown and crispy.

Meanwhile, add the onion to the pan. Cook over medium-high heat until caramelized.

Just before serving, toss the Brussels sprouts with 3/4 of the crumbled bacon, caramelized onions and cornbread crumbs. If desired, use chicken stock to moisten the mixture. Pour into a serving bowl. Garnish with the remaining 1/4 of the crumbled bacon.

Per Serving (excluding unknown items): 67 Calories; 2g Fat (24.2% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 159mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.