

Braised Brussels Sprouts with Bacon and Crumb Topper

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 38 minutes

Cook time: 13 minutes

1/2 cup coarse soft bread crumbs

1 tablespoon butter, melted

3 slices bacon

1 tablespoon snipped fresh Italian parsley (flat leaf)

1 1/2 pounds Brussels sprouts, trimmed and halved

1 medium shallot, thinly sliced

1/2 teaspoon salt

1/4 teaspoon ground black pepper

3 tablespoons dry sherry

1/2 cup chicken broth

Preheat oven to 425 degrees.

In a small bowl, combine the bread crumbs and butter. Toss to coat. Spread the crumbs in a shallow baking pan.

Bake, uncovered, for about 5 minutes or until golden brown. Set aside.

In a large skillet, cook the bacon over medium heat until crisp. Remove from the skillet and drain on paper towels. When cool enough to handle, crumble the bacon.

In a small bowl, combine the bacon, bread crumb mixture and parsley. Set aside. Drain off the fat reserving one tablespoon.

In the same skillet, cook the Brussels sprouts, shallot, salt and pepper in the reserved fat over medium heat for about 5 minutes or until the vegetables are lightly browned, stirring occasionally. Remove from the heat.

Carefully add the sherry to the skillet.

Return the skillet to the heat. Cook about 3 minutes or until nearly all of the sherry has evaporated, stirring occasionally.

Add the broth to the skillet. Bring to boiling.

Reduce the heat and simmer, covered, for 5 to 7 minutes or until the Brussels sprouts are tender.

Sprinkle with the crumb mixture.

Per Serving (excluding unknown items): 92 Calories; 4g Fat (37.3% calories from fat); 5g Protein; 10g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 338mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1/2 Fat.