

## Side Dish

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# Pan-Roasted Brussels Sprouts with Bacon

Dash Magazine - November 2010

**Servings: 8**

**Preparation Time: 17 minutes**

**Start to Finish Time: 30 minutes**

**1/2 cup (3 oz) bacon, chopped**

**1/2 teaspoon caraway seeds**

**1 small (1 1/2 cups) yellow onion, diced**

**1/2 teaspoon dried thyme**

**salt and pepper (to taste)**

**1 tablespoon white wine vinegar**

**1 1/2 pounds Brussels sprouts, trimmed and halved lengthwise**

In a large pan on medium-high, saute' the bacon and caraway seeds for 2 minutes.

Add the onion, thyme, salt and pepper. Cook, stirring occasionally, until the onion begins to brown and the bacon is crisp, about 8 minutes.

Remove from the heat.

Add the vinegar and scrape up any browned bits. Set aside to cool.

Bring a pot of salted water to a boil.

Blanch the sprouts in boiling water for 6 to 7 minutes until tender but still crisp. Drain.

Toss thoroughly with the cooled bacon mixture.

Transfer the sprouts to a saute' pan and heat, stirring occasionally, until they're nicely charred.

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Per Serving (excluding unknown items): 41 Calories; trace Fat (8.2% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.