

Potato, Pancetta and Brussels Sprout Saute'

*Debbie Arrington - Sacramento, CA
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Servings: 10

*1 tablespoon olive oil
3 ounces pancetta, cut into 1/4-inch
dice
1 small (3/4 cup) onion, finely
chopped
2 pounds (5 cups) red-skinned
potatoes, peeled and cut into 3/4-inch
cubes
salt
freshly ground black pepper
1 cup homemade OR no-salt-added
chicken broth
1 pound Brussels sprouts, trimmed,
cut in half and cut into thin slices*

Heat the oil in a large skillet or saute' pan over medium-high heat. Add the pancetta. Cook for 3 to 4 minutes until the meat browns lightly.

Stir in the onion. Reduce the heat to medium and cook for 3 to 4 minutes until the onion softens.

Add the potatoes. Season with salt and pepper to taste. Toss to combine.

Pour in the broth. Increase the heat to medium-high. Cook until the broth just starts to boil. Cover the skillet and reduce the heat so the broth maintains a low boil. Cook for 15 to 20 minutes, until the potatoes are tender.

Uncover. Increase the heat to medium-high and add the sliced Brussels sprouts. Cook, tossing gently, for 3 minutes, until the sprouts are just tender and almost all of the broth has evaporated.

Remove from the heat. Taste and adjust the seasoning as needed.

Serve warm.

Per Serving (excluding unknown items): 33 Calories; 2g Fat (57.4% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 230mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	33	Vitamin B6 (mg):	trace
% Calories from Fat:	57.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	12.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	30.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	6mg	% Refused:	0.0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	1/2
Sodium (mg):	230mg	Vegetable:	0
Potassium (mg):	61mg	Fruit:	0
Calcium (mg):	3mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	33	Calories from Fat:	19
% Daily Values*			
Total Fat	2g		3%
Saturated Fat	trace		2%
Cholesterol	6mg		2%
Sodium	230mg		10%
Total Carbohydrates	1g		0%
Dietary Fiber	trace		1%
Protein	2g		
Vitamin A			0%
Vitamin C			1%
Calcium			0%
Iron			1%

* Percent Daily Values are based on a 2000 calorie diet.