

vnast's lighter brussel sprouts

whatcha need:

- 6 slices chopped bacon
- 1/2 cup sliced shallot, this'll be like one larger shallot
- 1 1/2 pounds brussels sprouts, trimmed and cut in half
- 6 thinly sliced cloves of garlic
- 3/4 cup fat-free, lower-sodium chicken broth
- sprinkle of salt
- little bit of fresh ground black pepper

whatcha do:

1. Heat up a big nonstick skillet you've sprayed with cooking spray just to make extra sure nothing sticks, over med-high heat. Add bacon, and sauté for 5 minutes or until bacon begins to brown. Take pan off heat. Take the bacon out of the pan with a slotted spoon, leaving the drippings in pan.

2. Heat the pan back up to med-high heat. Stir in bacon, shallot, and brussels sprouts and sauté 4 minutes. Add garlic, and sauté for another 4ish minutes or until garlic begins to brown, stirring frequently. Add the chicken broth, and bring up to a boil. Cook for 2 minutes or until the broth mostly evaporates and the sprouts are crispy and tender, stirring occasionally. Remove from the heat then sprinkle and stir in salt and pepper.