

Brussels Sprouts with Bacon and Balsamic

Ingredients

1 pound fresh Brussels sprouts

2 TBSP coconut oil

4 slices of bacon, cut into bite-sized pieces (pork or turkey, if using turkey add 2 TBSP more oil)

1/4 cup of water

1 Tbsp balsamic vinegar

1/2 tsp salt

1/4 tsp pepper

2 cloves garlic or 1/4 tsp garlic powder

1 tsp nutritional yeast

1 TBSP Parmesan cheese (green can is fine)

Directions

Cut Brussels sprouts into quarters.

Heat a large skillet over medium heat.

Add bacon to skillet and allow fat to begin to render. If using turkey bacon be sure to add 2 TBSP of coconut oil with the bacon pieces.

Add the remaining oil to the pan along with Brussels sprouts.

Saute Brussels, stirring often for 6-8 minutes until they are tender and starting to brown.

Add water, balsamic, salt, and pepper, cover, and steam for 5 minutes.

Remove cover, add garlic, nutritional yeast, and Parmesan cheese, stir to combine. Saute for 2-4 more minutes.

These were so delicious I had a hard time sharing them!