

Roasted Brussels Sprouts with Bacon & Dates

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line two baking sheets with parchment paper.
2. Place the brussels sprouts on one sheet and toss with the avocado oil and sea salt. Place the bacon strips on the other baking sheet. Cook the bacon for 14 to 16 minutes, until crispy, then remove from the oven and set aside. Cook the brussels sprouts for an additional 10 to 12 minutes, until crispy, then remove.
3. Chop the bacon and add to a bowl along with the brussels sprouts and dates. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 1 cup.

Make it Vegan

Omit the bacon or use vegan bacon or sausage.

No Pork

Use turkey bacon.

Ingredients

4 cups Brussels Sprouts (trimmed, halved)

2/3 tsp Avocado Oil

1/3 tsp Sea Salt

5 1/3 slices Bacon

1/2 cup Pitted Dates (chopped)