



Brussels Sprouts with Bacon & Thyme

Prep: 10 minutes

Cook: 30 minutes • Serves: 6

- 2 pounds fresh Brussels sprouts, trimmed and each cut lengthwise in half
- 1 package (2.25 ounces) slivered almonds (½ cup)
- 4 slices hardwood smoked bacon, cut into ¼-inch pieces
- 1 medium onion, diced (1 cup)
- 3 garlic cloves, minced
- 1 teaspoon fresh thyme leaves
- ¼ cup apple cider vinegar
- 2 tablespoons brown sugar
- 1 teaspoon salt
- ½ teaspoon ground black pepper

1. Heat large covered saucepot of salted water to boiling over high heat. Add sprouts; heat to boiling. Cook sprouts 5 to 6 minutes or until tender-crisp; drain. Meanwhile, in large skillet, cook almonds over medium heat 5 to 6 minutes or until golden brown, stirring frequently; transfer almonds to plate.

2. In same skillet, cook bacon over medium heat 5 minutes, stirring occasionally. Add onion and cook 4 to 5 minutes or until tender, stirring frequently. Stir in garlic and thyme, and cook 1 minute. Stir in vinegar, brown sugar, salt and pepper; heat until mixture simmers. Stir in sprouts; heat through. Transfer sprouts to serving bowl; sprinkle with almonds.

*Approximate nutritional values per serving:
179 Calories, 9g Fat (1g Saturated), 4mg Cholesterol,
460mg Sodium, 21g Carbohydrates, 7g Fiber, 9g Protein*

Chef tip

Brussels sprouts can be boiled 1 day ahead; drain in colander, then rinse with cold water to stop the cooking process. Drain well, then transfer to large zip-top plastic bag.