

Twisted Bacon Spirals with Brown Sugar and Cinnamon

From a Phillis Carey cooking class



A perfect (and easy) side for a brunch.

1 pound bacon (not thick sliced)

1/2 cup brown sugar

2 teaspoons ground cinnamon

add 2 tsp. dry mustard OR 1/4 tsp. cayenne to the brown sugar mixture, optional

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

1. Preheat oven to 350°. Allow bacon to sit out at room temp for awhile so it will be pliable.
2. Cut each bacon slice in half, widthwise. Combine brown sugar and cinnamon on a plate. Dip (or sprinkle) the sugar mixture on one side of the bacon. Gently twist bacon in opposite directions and place on a parchment-lined baking sheet.
3. Bake for 15-20 minutes or until the bacon is crisp. Serve, or cool and freeze airtight for up to a month.

Per Serving (excluding unknown items): 362 Calories; 28g Fat (70.1% calories from fat); 17g Protein; 10g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 909mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 4 Fat; 1/2 Other Carbohydrates.