

Marinated Brussels Sprouts

Author: Adapted from an old recipe in Sunset Magazine

Carolyn T's
Cookbook

Servings: 6



1 1/2 pounds Brussels sprouts
1/3 cup salad oil, or olive oil
3 tablespoons white wine vinegar, or lemon juice
2 tablespoons green onions, thinly sliced
6 slices bacon, fried crisp, crumbled
1/4 cup red bell pepper, minced
salt and pepper

Categories: Cold Food, Picnic, Salads, Vegetables/Sides

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 191 Calories; 16g Fat (69.1% calories from fat); 5g Protein; 10g Carbohydrate; 4g Dietary Fiber; 5mg Cholesterol; 127mg Sodium. Exchanges: 1/2 Lean Meat; 2 Vegetable; 3 Fat; 0 Other Carbohydrates.

Notes: This is best if allowed to marinate for a few hours or overnight. This is something that can be made ahead and keeps well for several days.

Description: Could be a salad, or a vegetable.

Preparation Time: 30 minutes

Start to Finish Time: 4 hours

1. Trim stems and tear away discolored or torn leaves from brussels sprouts. Cut a small X into the stem of the sprout - about 1/4 inch or less deep. Bring a large quantity of water to a boil and add sprouts, return to a boil and simmer, uncovered, for about 7 minutes until just tender when pierced with a sharp knife or fork.
2. Drain well and place into bowl. Add oil and vinegar, then add onion, bacon, red pepper, salt and pepper to taste. May be served hot, if desired. Otherwise, place in covered container and refrigerate for several hours, stirring a couple of times so all of the sprouts are tossed with the dressing.