

Grilled Brussels Sprouts

A winner of the Food52 contest

The Food52 Cookbook

Internet Address:



12 medium Brussels Sprouts

2 tablespoon olive oil

1 teaspoon kosher salt, [optional - see if you find it salty enough without this]

1/2 teaspoon cracked black pepper

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1/2 teaspoon celery salt

1/4 cup bacon, cooked, crumbled (optional)

1 teaspoon lemon zest (optional)

1 tablespoon grated parmesan cheese (optional)

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

Servings: 3

1. First, clean the sprouts. Trim the cut ends back without interfering with the leaves, and peel any withered leaves off the bulb. Score the bottoms; one cut will suffice.
2. Then place the sprouts in boiling, salted water for no more than five minutes. NO MORE!
3. Drain, drizzle with oil and toss in a bowl with the salt [optional], pepper, onion powder, garlic powder and celery salt.
4. When the sprouts are nice and coated, place on a hot grill (but keep the bowl handy), turning every four minutes for a total of twelve minutes.
5. Remove from the grill back to the seasoning bowl and toss to coat with any remaining seasoning.
6. If desired, add any or all of the remaining three ingredients (bacon, lemon zest, parmesan cheese).

Per Serving (excluding unknown items): 117 Calories; 9g Fat (66.5% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 910mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 2 Fat.