

Marinated Brussels Sprouts

Adapted from an old recipe in Sunset Magazine



Could be a salad, or a vegetable.

- 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

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

Servings: 6

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.

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 then cut each Brussels sprout in half lengthwise. Place into bowl and add oil and vinegar, then add onion, bacon, red pepper, salt and pepper to taste. Stir gently but thoroughly, chill, and stir again just before serving. 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.

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.