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# Roasted Brussels Sprouts with Bacon and Walnuts

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1 1/2 pounds Brussels sprout

4 slices thick-sliced bacon, apple wood flavored, if possible

3/4 cup walnuts, leave in full halves, not chopped

Salt and freshly ground black pepper to taste

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

## Servings: 8

1. Preheat oven to 400°F. Trim off stem end and any loose or damaged leaves from the Brussels sprouts. Cut each one in half lengthwise and place in a bowl.
2. Cut the bacon in half, lengthwise and then across into 1/2 inch pieces. Cook the bacon in a large nonstick skillet over medium heat for 5 minutes. Add walnuts and continue cooking until bacon is fairly crispy and nuts are toasted, another 5 minutes. Using a slotted spoon, remove bacon and walnuts to a bowl, leaving behind all the bacon fat.
3. Pour the bacon fat over the Brussels sprouts (in lieu of using olive oil, or you can substitute if you'd prefer, but it won't have the same flavor!). Toss well, then add salt and pepper to taste. Turn Brussels sprouts out onto a large parchment-lined baking sheet and add the bacon and walnuts (the sprouts do not want to be crowded or they won't roast, they'll steam instead) and roast in the oven for 15 minutes. Stir briefly and continue roasting for an additional 5-10 minutes or until browned and tender. Season with additional salt and pepper if desired. Serve immediately.

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Per Serving (excluding unknown items): 141 Calories; 10g Fat (58.8% calories from fat); 7g Protein; 8g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 120mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.