

Smoky Brussels with Shiitake Bacon

About the Recipe

88 Calories · 2 g Protein · 3 g Fiber

Side Dish

Ingredients

Makes 12 Servings

- 2 tablespoons (30 mL) olive oil (see below for oil-free option)
- 1 1/2 pounds Brussels sprouts, shredded
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon smoked paprika
- 1 batch Universal Meals Shiitake Bacon

Directions

1. Heat the oil in a large skillet. Add the Brussels sprouts and use tongs to toss the sprouts. Saute the sprouts for 4-6 minutes until reduced in size and cooked through. Add the sea salt, pepper, and smoked paprika and toss to combine and evenly disperse the spices.
2. Add the bacon and toss to combine. Serve warm.**OIL-FREE:** Omit the oil and saute the Brussels in 2 tablespoons (30 mL) of water or low-sodium vegetable broth. Add more liquid as needed.**NOTES:** The shiitake bacon cannot be made oil-free. An alternative would be to saute the mushrooms with the Brussels until reduced in size. This would omit the crisp and chewy mouthfeel of the baked shiitake and natural umami flavors released from roasting. It is recommended to add additional salt, pepper, and smoked paprika to desired taste.

Nutrition Facts

Per serving:

Calories: 88

Fat: 7 g

Saturated Fat: 1 g

% Calories From Fat: 72%

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 6 g

Sugar: 2 g

Fiber: 3 g

Sodium: 257 mg

Calcium: 22 mg

Iron: 1 mg

Vitamin C: 34 mg

Beta-Carotene: 277 mcg

Vitamin E: 1 mg