



Brussels Sprout Hash

This fun use of a nutritious Cruciferous vegetable makes a great side dish with any winter supper or an interesting breakfast served under poached eggs.

INGREDIENTS:

4 cups Brussels sprouts
2 slices turkey bacon, chopped
½ cup onion, diced
1 clove garlic, minced
½ tsp dried dill weed
1 Tbsp brown sugar
¼ cup apple cider vinegar
Salt and black pepper to taste

PREPARATION:

- Clean Brussel sprouts of any yellow leaves and trim off stem, cut in half and rinse well
- Set up a steamer basket and steam sprouts until fork tender, about 5 minutes
- Heat a large skillet and add chopped bacon, cook until crispy
- Add onion and garlic to the bacon and cook until onion is browned
- Add sprouts and saute to reheat and lightly brown
- Add dill, sugar, vinegar, salt and pepper and stir well
- Serve hot

Number of Servings: 4
Serving size: 1 cup
Calories: 70
Fat Grams: 2

