

Bacon Brussels Sprouts with Balsamic Vinaigrette

Branch out from the traditional sweet potato sugar filled casserole and make these Brussels sprouts. I've given you twists so far on cranberry sauce and chicken cutlets, did you really think I was going to give you a traditional Thanksgiving side dish!?!? Growing up my mother used to steam Brussels sprouts, bless her heart she tried. Steamed Brussels sprouts are probably one of the least appetizing foods EVER! Make these sprouts and you'll definitely convert any non-brussels sprout lover and they will thank you! Your body will also thank you for not filling it with all the sugary traditional Thanksgiving sides. Enjoy!

xoxo,
Kristin

- 1) In a large skillet over medium-high heat, cook the bacon until crispy about 5 minutes. Transfer cooked bacon from the skillet to a paper towel-lined plate to drain.
- 2) Add the Brussels sprouts to the pan and cook until golden brown and crispy about 10-15 minutes, stirring occasionally to prevent burning. Season with salt and pepper.
- 3) While the Brussels sprouts cook, in a small bowl mustard, honey and vinegar. Slowly whisk in the olive oil.
- 4) The last two minutes of the Brussels sprouts cooking, add the almonds, cranberries, olive oil mixture and scallions. Toss together and let cook for a minute or two. Transfer to a bowl to serve.

Recipe from Kristin inspired by The Big 15 Paleo Cookbook.