

roasted shaved brussels sprouts and bacon

SERVES 4

RECIPE FROM: [NomNom Paleo](#)

COOK TIME: 15-20 minutes

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- 1½ pounds (about 6 cups) shaved Brussels sprouts
 - 2 Tbsp extra virgin olive oil
 - ¼ - ½ tsp [Homemade Seasoned Salt](#) or sea salt
 - ¼ tsp black pepper
 - 3 slices lean, no sugar added, uncured bacon slices - diced
 - Aged balsamic vinegar (optional)
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Vegetarian or Vegan?

Simply omit the bacon and add ½ cup diced pears or apples before cooking or toss ¼ - ½ cup pomegranate pearls over the roasted sprouts after cooking.



PREHEAT oven to 400°F.

TOSS shaved Brussels sprouts with the extra virgin olive oil.

SPREAD the shaved sprouts on a large foil- or parchment-lined rimmed baking sheet, making sure to keep everything in one layer.

SEASON with seasoned salt (or sea salt) plus black pepper.

SPRINKLE diced bacon evenly over the sprouts and place the pan in the oven.

COOK for 10 minutes, then remove the pan from the oven and toss the shaved sprouts. (You can also rotate the pan 180° if your oven does not heat evenly.)

RETURN the pan to the oven for another 3 - 5 minutes. **Caution: Watch the sprouts carefully at this point because they can burn very quickly!**

REMOVE the pan from the oven. If you prefer a darker toasting, toss the sprouts once again and return to the oven for 1 - 2 more minutes keeping a close watch to prevent over roasting.

ADJUST seasonings, to taste. If desired, drizzle some of the aged balsamic vinegar on the finished dish.

MAKE IT A MEAL: serve with protein and nutrient dense carbohydrate of choice.