

Brussels Sprouts with Bacon, Garlic, and Shallots

Ingredients

6 slices center-cut bacon, chopped
1/2 cup sliced shallot (about 1 large)
1 1/2 pounds Brussels sprouts, trimmed and halved
6 garlic cloves, thinly sliced
3/4 cup fat-free, lower-sodium chicken broth
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper



Preparation

1. Heat a large nonstick skillet over medium-high heat. Add bacon, and sauté for 5 minutes or until bacon browns. Remove pan from heat. Remove the bacon from the pan with a slotted spoon, reserving 1 tablespoon drippings in pan (discard the remaining drippings).
2. Return pan to medium-high heat, and stir in bacon, shallot, and Brussels sprouts; sauté for 4 minutes. Add garlic, and sauté for 4 minutes or until garlic browns, stirring frequently. Add the chicken broth and bring to a boil. Cook for 2 minutes or until the broth mostly evaporates and the sprouts are crisp-tender, stirring occasionally. Remove from heat; stir in salt and pepper.

Nutritional Information

Calories 90
Fat 2.4 g
Saturated Fat 1.1 g
Monounsaturated Fat 0.6 g
Polyunsaturated Fat 0.3 g
Protein 6.7 g
Carbohydrate 13.5 g
Fiber 4.5 g
Cholesterol 8 mg
Iron 2 mg
Sodium 263 mg
Calcium 60 mg