

Brussels Sprouts with Turkey Bacon and Apples



Brussels Sprouts with Turkey Bacon and Apples Yield: 8 servings

Prep Time: 20 minutes | Total Time: 1 hour

Ingredients

- 3 slices of turkey bacon, cut into small pieces
- 4 pints of brussels sprouts, trimmed and halved
- Salt and pepper to taste
- 1 apple, cored and cut into small pieces
- 4 teaspoons of red-wine vinegar

Preparations

1. Preheat oven to 425°F. Lay turkey bacon pieces in a single layer on the bottom of a rimmed baking sheet or dish. Bake until brown, about 10 minutes.
2. Add brussels sprouts to bacon and sprinkle with salt and pepper. Roast until sprouts begin to brown, about 15 minutes.
3. Add apple pieces and return to oven until sprouts are browned and apples are tender, about 10-15 minutes.
4. Remove from oven. Toss with red wine vinegar and serve immediately.

Nutrition Facts

Serving size: 1 cup

Amount Per Serving

Calories 92

Total Fat 2.3g

Cholesterol 6.6mg

Sodium 187mg

Total Carbohydrate 15g

Dietary Fiber 4.7g

Protein 5.7g

Carbohydrate Serving 1



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