

## Brussel Sprouts with Bacon, Garlic, and Shallots

(Makes 6 servings – serving size: 2/3 cup)

### **Ingredients:**

- 6 slices center-cut bacon, chopped
- ½ cup sliced shallot (about 1 large)
- 1 ½ pounds Brussels sprouts, trimmed and halved
- 6 garlic cloves, thinly sliced
- ¾ cup fat-free, lower-sodium chicken broth
- 1/8 teaspoon freshly ground black pepper

### **Directions:**

1. Heat a large nonstick skillet over medium-high heat. Add bacon, and sauté for 5 minutes or until bacon begins to brown. Remove pan from heat. Remove the bacon from 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 begins to brown, 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 Analysis:** (per serving)

- Calories: 90
- Fat: 2 g
- Saturated Fat: 1 g
- Sodium: 263 mg
- Protein: 7 g
- Carbohydrates: 14 g
- Dietary Fiber: 5 g
- Sugars: 0 g

### **Source:**



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