

Recipe: Stir Fried Brussels Sprouts with Bacon and Almonds

4 slices thick-cut bacon, cut into 1-inch pieces

1 pound Brussels sprouts, quartered

2 tablespoons extra virgin olive oil

Sea salt and cracked black pepper to taste

½ cup sliced almonds

Juice and grated zest of ½ lemon

¼ cup minced fresh parsley



Sizzle bacon in a large skillet until crisp. Remove from the pan and add Brussels sprouts along with olive oil, salt and pepper. Cook over medium low heat, adding 2 tablespoons water, until sprouts are beginning to soften and turn brown. Add almonds and stir until almonds turn (no more than a minute). Add bacon and toss. Finish with lemon juice and zest, top with parsley and serve to two hungry people