

Hot Brussels Sprouts Slow

12 Brussels sprouts, halved length wise, cored & shredded

- 1/2 cup of mushroom medley, sliced
- 1- 2 large shallot, diced
- 1/4 cup of red pepper, chopped
- 1/2 cup of almonds, coarsely chopped
- 1 Tbsp of fresh lemon juice
- 1 tsp of lemon zest
- 1 Tbsp of olive oil
- Optional- 3 bacon strips, shredded

1. Heat the oil in a medium sauté pan.

2. Add shallots and sauté for a minute.

3. Add peppers, mushrooms and nuts to pan and continue to sauté until mushrooms and peppers are have slightly softened.

4. Add brussel sprouts and sauté for a few more minutes.

5. Add lemon juice and lemon zest. Season properly.

Serve immediately.

Makes four (6) servings (includes bacon).

Per serving*:

156 Cals

12.0 grams of Fat

9.0 grams of Carbs

3.7 Grams of Fibre

6.2 grams of Protein



*Nutritional information provided by <http://recipes.sparkpeople.com/recipe-calculator.asp>.