



Braised Brussels Sprouts w/Apple, Bacon, Mustard

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

Braised Brussels Sprouts with Apple, Bacon, and Mustard is a savory-sweet side dish, featuring smoky bacon, sweet apples, and tangy mustard for a balanced, hearty flavor.

4 strips bacon, thick sliced, sliced into 1/2" pieces

2 pounds Brussels sprouts, trimmed and quartered (see TIPS)

1/2 cup onions, thinly sliced

1/4 cup apple juice, unsweetened

2 tablespoons mustard, whole grain

1 each Fuji apple, cored and diced

4 tablespoons unsalted butter, diced

2 tablespoons cider vinegar

1 dash salt

1 dash pepper

Cook bacon in a large sauté pan over medium heat until crisp, about 12-15 minutes. Transfer bacon to a paper-towel lined plate, then increase the heat to high.

Add Brussels sprouts and onion to drippings and cook until sprouts begin to brown, about 8-10 minutes; season with salt.

Deglaze pan with apple juice, scraping up any brown bits on bottom.

Add mustard, cover, reduce heat to medium-low, and cook sprouts until nearly fork tender, 6 minutes.

Add diced apple, cover and cook until tender, 3 minutes.

Stir in butter, vinegar and bacon, then season with salt and pepper.

Braised Brussels Sprouts with Apple, Bacon, and Mustard is a hearty and flavorful side dish that perfectly balances savory, sweet, and tangy elements. Tender Brussels sprouts are slowly braised with smoky, crispy bacon and sweet, caramelized apple slices. A touch of whole-grain mustard brings a delightful sharpness that cuts through the richness, creating a well-rounded dish. The bacon fat infuses the sprouts with an irresistible depth of flavor, while the apples provide a touch of natural sweetness that enhances the dish's complexity.

TIP: CUTTING SPROUTS: If Brussels sprouts are on the small side, halve them instead of quartering so they'll cook in the listed amount of time.

TIP: Do not try to double-up this recipe unless you have a very large saute pan with a lot of surface space or cook in 2 batches. The Brussels sprouts need to brown. The browning occurs as the sprouts meet the surface of the pan.

NOTE: FOR VEGETARIAN: For a vegetarian alternative, omit the bacon and add toasted walnuts or pecans for a crunchy contrast.

Serving Ideas: This is probably not the dish to serve with seafood. The vinegar and apple make the dish "tart". It should probably be served with German foods such as sauerbraten. pairs beautifully with roasted or grilled pork, chicken, or turkey. Serve this dish alongside a creamy mashed potato or wild rice pilaf for a well-balanced meal.

Per Serving (excluding unknown items): 243 Calories; 15g Fat (53.4% calories from fat); 8g Protein; 22g Carbohydrate; 7g Dietary Fiber; 33mg Cholesterol; 284mg Sodium; 9g Total Sugars; trace Vitamin D; 78mg Calcium; 2mg Iron; 714mg Potassium; 154mg Phosphorus. Exchanges: .

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