



A lot of recipes use cream, honey, pancetta , but I have left out here and used dried cranberries , balsamic vinegar, flaked almonds for taste and texture while keeping light in kcalories

INGREDIENTS:

- **Brussels Sprouts**
- Olive Oil
- ½ onion or 2 shallots
- Bacon Medallions
- Dried Cranberries
- Seasalt / Black Pepper / Balsamic Vinegar
- Toasted flaked almonds

METHOD:

- Wash the brussels sprouts and cut the tops. For well rounded , even cooking cut in half and place in a sauce pan of water , bring to boil and reduce to a simmer for 10-15 minutes.
- Check with a knife to ensure they are cooked through. Drain and put to the side.
- In a pan heat some olive oil , add in the onion and saute for 10 minutes , remove and set aside.
- In the same pan , add some chopped bacon medallion and saute for 5 minutes , Add back in the onion , brussels sprouts.
- Add some seasalt, black pepper and a dash of Balsamic Vinegar and keep working around the pan.
- Toss in some dried cranberries (sweet hit goes nice with the sprouts)
- Serve in a bowl and sprinkle some toasted flaked almonds on top!

TIP: Use left over brussels and mash through potatoes for bubble and squeak .

TIP: Use leftover brussels with other vegetables and create a vegetable gratin dish