

Roasted Brussels Sprouts with a Bacon, Mustard and Walnut Vinaigrette

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INGREDIENTS

- 1 1/2 pounds Brussels sprouts, halved
- 3 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper
- 8 ounces slab bacon, cut into small pieces (this is 7 pieces of the thick cut Applewood bacon from SAMS CLUB)
- 1/2 cup walnuts, coarsely chopped
- 2 cloves garlic, sliced
- 2 shallots, sliced (I used 4 green onions)
- 2 tablespoons red wine vinegar
- 1 tablespoon honey
- 1 tablespoon grainy mustard (I used regular French's Mustard)

DIRECTIONS

Preheat the oven to 450 degrees F.

Toss the Brussels sprouts with 2 tablespoons of the oil and sprinkle with salt and pepper on a rimmed baking sheet. Spread the Brussels sprouts out on the baking sheet and roast, stirring once or twice during the cooking process, until tender and charred in spots, 35 to 40 minutes.

NOTE - I used a convection oven and it only took mine 15 minutes to be done to crispy perfection on the outside and perfect doneness on the inside! So watch them very carefully.

Meanwhile, add the bacon to a medium sauté pan and render over medium heat, 1 to 2 minutes. Add the remaining 1 tablespoon oil, the walnuts, garlic, shallots and a pinch of salt. Cook until the bacon is crispy, being careful not to burn the walnuts. Stir in the vinegar, honey and mustard with a fork. Whisk into the bacon fat until emulsified. Taste and season with salt and pepper.

Transfer the Brussels sprouts to a large mixing bowl, add the bacon mixture and toss well. Serve.

Notes

Cook's Note: The Brussels sprouts and bacon mixture can be made up to 4 hours ahead and kept at room temperature. Rewarm the Brussels sprouts before serving.

Nutritional Information (Serves 8)

Calories: 219
Fat: 13g
Saturated fat: 2g
Protein: 15g
Carbohydrate: 14g
Sodium: 393mg
Fiber: 4.5g
Sugar 6g
Cholesterol: 17.5mg
Potassium: 444mg
Iron: 12%
Calcium: 5.5%
Vitamin A: 21%
Vitamin C: 145%