



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
*Cooking Delicious Recipes
that are Easy & Nutritious!*
Olums.com

Balsamic Brussels Sprouts with Bacon

Serves 4

Ingredients:

- ¼ cup balsamic vinegar
- 2 tsp. agave nectar
- 2 tsp. extra-virgin olive oil
- 1 pound of Brussels sprouts, trimmed and halved (about 3 cups)
- 2 slices center-cut bacon, cooked and crumbled

Directions:

1. Preheat the oven to 350° F.
2. In a large bowl, whisk together the balsamic vinegar, olive oil, and agave nectar. Add the Brussels sprouts and toss to coat.
3. Transfer the Brussels sprouts to a baking sheet and roast at 350°F for 20-30 minutes. Then top with the crumbled bacon and serve.

Only 90 calories per serving!

Recipe is from Molly Morgan's Book – *Skinny-Size It* (Harlequin Non-Fiction 2014)

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