

## Shredded Brussels Sprouts with Bacon

Serves 6-8	Metric measures
1 cup onion, thinly sliced	100 gm
1 tablespoon butter or oil	15 gm
1 ½ lbs Brussels sprouts, sliced thinly	680 gm
1 teaspoon chicken base, see notes	6 gm
1 ½ cup water	360 ml
1 ½ tsp sugar	6 gm
6 slices bacon, cooked and crumbled	25 gm

One or two days ahead:

1. Slice Brussels sprouts and onion very thinly.  
Put in a covered container and store in the fridge until ready to cook.
2. Cook bacon until crispy, and crumble. Store in the fridge.

On Thanksgiving, about 15 minutes before serving dinner:

1. In a large sauté pan, melt butter.  
Add onion and cook until butter is beginning to brown, about 3 minutes.
2. Add sprouts, chicken base, water and sugar. Cook for about 10 minutes, until sprouts are crisp tender, and much of the water has evaporated. The sprouts should still be bright green.
3. Place sprouts on a serving platter. Top with crumbled bacon and enjoy your dinner. 😊

Notes:

You can use oil instead of butter.

You can use gluten free chicken broth in place of water and chicken base.

Better than Bouillon chicken base is gluten free.

Brussels sprouts and onions are super foods, super nutritious. Click on the links below for more information.

Nutritional information for Brussels sprouts. <http://whfoods.org/genpage.php?tname=foodspice&dbid=10#descr>

Nutritional information for amazing onions. <http://whfoods.org/genpage.php?tname=foodspice&dbid=45#descr>