

# BACON AND BRUSSEL SPROUTS

## Ingredients

1 lb. Brussel sprouts cut in half.

½ onion

3-4 slices of bacon

2 Tbsp olive oil

1 cup chicken broth

---

## Cooking directions

Cook bacon until crisp and drain using a paper towel. To the bacon grease add 2 tbsp. of olive oil. Add onions and fry until soft. Add 1 lb. Brussel sprouts and chicken broth, cover and cook about 10 minutes, or until soft. Cut/break bacon into tiny pieces, add bacon and enjoy!

One strip of bacon counts as 1 fat serving

1 tablespoon of bacon crumbs (bout 8 grams) counts as a condiment

# GARLIC, BALSAMIC ROASTED BRUSSEL SPROUTS

## Ingredients

1 lb. brussels sprouts halved (or quartered for larger ones)  
Salt and pepper  
4 cloves garlic minced  
2 Tbsp balsamic vinegar

---

## Cooking Instructions

Preheat your oven to 425 degrees. Spread brussels sprouts in a single layer on a large baking sheet. Roast in the preheated oven for 15 mins, then stir and return to single layer and continue to roast another 5-10 minutes. Drizzle with vinegar and sprinkle with garlic. Continue to roast another 5-7 mins or until browned and crispy.

---

Weigh or measure to your food plan specifications

# KUNG POW BRUSSEL SPROUTS

## Ingredients

1Lb. Brussel sprouts  
1 tbsp olive oil  
Salt  
Black pepper

### Kung Pow Sauce

1 tsp sesame oil  
2 cloves garlic, pressed  
1 tbsp soy sauce (sugar free)  
2 tsp rice vinegar  
1 ½ tbsp hoisin sauce (sugar free)  
2 tsp Sambal Oelek (sugar free)

### Garnish

Toasted sesame seeds  
2-3 stalks crushed green onions  
Crushed peanuts

---

## Instructions

Preheat oven to 450 degrees. Cut the off stem, remove outer leaves, and halve Brussels sprouts. Spread out sprouts on a sheet pan and drizzle sprouts with oil. Salt and pepper to taste then mix to coat. Place in oven to cook about 10 minutes. Sprouts should start browning/crisping, do not overcook. While Brussel sprouts are cooking, make the Kung Pow sauce. Mix soy sauce, rice vinegar, hoisin sauce, and Sambal Oelek in a small mixing bowl and set aside. Heat sesame oil in a small sauce pan, add crushed garlic. Sauté until fragrant, about 30 seconds. Add Kung Pow sauce mixture to sauce pan. Reduce heat, and bring to a boil until sauce thickens. Set aside. Once sprouts are crispy/brown, pull out of the oven. Drizzle with sauce. Return to the oven to let sauce caramelize or pop into the broiler for a few minutes. Spoon into serving bowl. Garnish of toasted sesame seeds, green onions, and crushed peanuts, serve and enjoy!

---

Measure Brussel sprouts to your food plan amounts.  
Measure sesame seeds 1 tablespoon = 5 grams of fat.  
Crushed peanut is 1 tablespoon - condiment

# SUGAR FREE HOISIN SAUCE

## Ingredients

1/8 cup soy sauce  
1 tablespoon natural almond butter  
2 teaspoon Sambal Oelek Chilli Paste  
1 teaspoon rice vinegar  
1 teaspoon sesame oil  
1/2 teaspoon Chinese Five Spice  
1 clove garlic, micro planed/grated

---

## Instructions

Combine all ingredients into a small mixing bowl. Stir to combine. Store in an air -tight container in the refrigerator for up to 2 weeks.