



Blueberry Bacon Brussels Sprouts



1/4 of recipe (about 3/4 cup): 169 calories, 6g total fat (1.5g sat. fat), 400mg sodium, 23g carbs, 5g fiber, 12g sugars, 6.5g protein

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Prep: 15 minutes **Cook:** 30 minutes



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Ingredients

1 tbsp. Dijon mustard
1 tbsp. olive oil
1/4 tsp. salt
1/8 tsp. black pepper
1 lb. Brussels sprouts, trimmed and halved
4 slices center-cut bacon or turkey bacon, chopped
1/4 cup [dried blueberries](#)
1/2 cup balsamic vinegar

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

In a large bowl, combine mustard, oil, salt, and pepper. Add 1/4 cup water, and whisk thoroughly.

Add Brussels sprouts and bacon to the bowl. Stir to coat.

Lay mixture on the baking sheet. Bake for 20 minutes.

Meanwhile, bring vinegar to a boil in a small nonstick pot. Reduce to a simmer. Stirring frequently, cook until thickened to a syrup-like consistency, about 12 minutes.

Stir/rearrange mixture on the baking sheet. Sprinkle with blueberries. Bake until golden brown, 6–8 minutes.

Set oven to broil. Broil until crispy, about 2 minutes.

Drizzle Brussels sprouts with balsamic reduction.

MAKES 4 SERVINGS

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