

**Cleveland County Kitchen**  
**February 2018**  
**Food of the Month – Brussels Sprouts**  
**Chef Cathey Noell, Food Journalist**  
**Chef's Recipe**



## **Pan Seared Brussel Sprouts with Bacon and Parmesan Cheese**

### **Ingredients**

8 ounces slab bacon, cut into thin slices, crosswise

3 tablespoons olive oil

2 pounds small Brussels sprouts, bottom trimmed, outer leaves discarded, and cut in half

Kosher salt

Freshly ground black pepper

### **Directions**

In a 12-inch skillet over medium-high heat, add in the bacon pieces and cook until crispy and all the fat has rendered out. Remove the bacon bits with a slotted spoon leaving the bacon fat in the skillet. Drain the bacon pieces on a plate lined with paper towels.

Add in the Brussels sprouts to the skillet and toss with a wooden spoon in the bacon fat. Let the sprouts brown and caramelized on all sides. Make sure to keep the heat on medium-high and stirring occasionally. May want to do this in batches. Add in the reserved bacon and freshly grated Parmesan cheese all over the sprouts.

Serves 4 to 6

### **Made Available by:**

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