Sautéed Brussels Sprouts with Pancetta



PREP TIME:	COOK TIME:	TOTAL TIME:
10 mins	10 mins	20 mins

COURSE: Side Dish
CUISINE: American

Sautéed Brussels Sprouts with Pancetta is the best Brussel sprout recipe! Lightly pan fried until crisp and slightly browned on the edges, it's my favorite way to cook and eat them!

YIELD: 9 servings

5 from 11 votes

Ingredients

- 2 oz pancetta (minced)
- 2 lb brussels sprouts (weight after outer leaves and stems removed)
- 1.5 tbsp extra virgin olive oil
- 4 cloves garlic (minced or sliced thin)
- kosher salt and fresh ground pepper

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Instructions

1. With a large sharp knife, finely shred the brussels sprouts after thoroughly washing.
2. In a deep heavy saute pan, sauté pancetta on medium-low heat until fat melts and pancetta becomes golden, about 5 minutes. Add olive oil and garlic and sauté until golden. Add shredded brussels sprouts, salt and pepper to taste and sauté on high heat for about 6 to 10 minutes, until tender crisp.
3. Makes about 7 cups.

Serving: 3/4 cup, Calories: 87kcal, Carbohydrates: 9.5g, Protein: 3.5g, Fat: 4g, Saturated Fat: 1g, Sodium: 148mg, Fiber: 4g, Sugar: 3.5g
Blue Smart Points: **2** Green Smart Points: **2** Purple Smart Points: **2** Points +: **2**

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