

BRUSSELS SPROUTS WITH PANCETTA

Yield: 4 servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 lb fresh Brussels sprouts
- 2 tbsp olive oil
- 3 oz paper-thin slices pancetta (coarsely chopped)
- 2 garlic cloves (minced)
- Salt and freshly ground black pepper
- $\frac{3}{4}$ cup low-salt chicken broth

PREPARATION

1. Trim Brussels sprouts by cutting a small amount off the end and peeling off the outer leaves.
2. Partially cook the Brussels sprouts in a large pot of boiling salted water, about 4 minutes. Drain.
3. Meanwhile, heat the oil in a heavy large skillet over medium heat. Add the pancetta and sauté until beginning to crisp, about 3 minutes.
4. Add the garlic and sauté until pale golden, about 2 minutes.
5. Add the Brussels sprouts to the same skillet and sauté until heated through and beginning to brown, about 5 minutes. Season with salt and pepper, to taste.
6. Add the broth and simmer until the broth reduces just enough to coat the Brussels sprouts, about 3 minutes. Serve.

NUTRITION

Per serving:

Calories: 189; Fat: 14 g (3 g Saturated fat); Cholesterol: 19 mg; Carbohydrates: 10 g; Protein: 8 g; Fiber: 4 g; Sodium: 580 mg

APPROXIMATE PRICE: \$12.57 (\$3.14 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Link: www.foodnetwork.com/recipes/giada-de-laurentiis/brussels-sprouts-with-pancetta-recipe/index.html

Recipe courtesy of Giada De Laurentiis