

## Sprout Skewers

### INGREDIENTS:

- 1 Carton of fresh Brussels sprouts
- 6-8 Slices of bacon (nitrate free)
- Olive oil
- Kosher salt
- Skewers (metal or bamboo)\*

\*If you are using wooden skewers, soak them in water for 20 minutes to prevent them from scorching.

### PREPARATION:

Place the top rack in top third of oven. Preheat oven to 400°F. Wash and trim off ends of Brussels sprouts. Remove any outer leaves that are loose. Cut Brussels sprouts in half. Cut bacon into 2 inch sections. Poke the skewer through a Brussels sprout, then a piece of bacon. Continue to alternate between the two until  $\frac{3}{4}$  of the skewer is full. Line all the skewers on a cookie sheet and lightly brush them with olive oil. Sprinkle skewers with a pinch of salt. Place skewers directly on the top rack and turn after 15 minutes. Cook until sprouts are soft to the touch yet still firm (approximately 30 minutes). Likewise, bacon should be cooked completely through. Remove from rack, let cool for 5 minutes, and serve.

### NOTES FROM THE COOK: