

Savory Brussels Sprouts

This recipe is an adaptation of an appetizer served in one of Mario Batali's restaurants. Brussels sprouts have a very strong flavor, but the way they're cooked in this recipe can add a little sweetness. The other ingredients help make them savory.

2 cups sliced Brussels sprouts
1 slice turkey bacon
¼ cup shaved Parmesan cheese



The objective of the turkey bacon is to add a smoky flavor to the dish. Two things: you don't need a lot of it and it doesn't have to be bacon. Soy bacon or 1 to 2 ounces of smoked ham is about right.

Chop the turkey bacon into small pieces and sauté in a frying pan until crisp but not blackened. Add the Brussels sprouts to the frying pan and sauté until softened and just starting to brown; be sure not to overcook them. Turn the fire off and add the Parmesan. Cover and wait about a minute for the cheese to melt.

If you like saltier food, add the salt when you add the Brussels sprouts. It's always better to let the flavor cook in than to add it on top. I find that the salt content of the turkey bacon is enough, but tastes vary. You can also add pepper if you like; if you're a Bobby Flay fan and you think every dish should have heat, add hot sauce or peppers.

Remember: the focus of the dish is the Brussels sprouts. It's the cruciferous vegetable that contains the detoxing component. The other ingredients are to enhance flavors.

This serves about two, but because the caloric content is so low, you can easily double it to serve two and still not overeat.

As a variation, we also made this with asparagus and broccoli—a great combination of cruciferous and allium vegetables. Sauté the asparagus stalks first until they start to soften, then add the tips and broccoli and finish as above.