



Brussels Sprouts

Adapted from Giada De Laurentis

Ingredients:

1 pound fresh Brussels sprouts, trimmed, and halved if large
2 tablespoons olive oil
2-3 ounces pancetta or bacon (nitrate free), finely chopped
2 cloves garlic, chopped
Sea salt and pepper
 $\frac{3}{4}$ cup organic low salt chicken broth

Directions:

Partially cook the sprouts in a large pot of boiling water, for about 3-4 minutes.

Heat oil in large skillet. Add bacon or pancetta and saute for a few minutes until crisp. Add garlic and carefully saute for about a minute, being cautious not to burn. Add the sprouts to the skillet and saute until heated through and just starting to brown on one side. Season with salt and pepper if desired. (I rarely add salt) Add the broth and simmer for a few minutes, until the broth is reduced and absorbed into sprouts.