

BRUSSELS SPROUTS, BACON, & GOAT CHEESE



	Ingredients	Exchanges
Protein	23.8 gm Louis Rich® Turkey Bacon, raw	2 (-3 gm fat)
	16.2 gm goat cheese	1.7 (-2.55 gm fat)
Fat	5 gm butter (for cooking)	1
	19.5 gm softened butter	5 (-5.55 gm)
Carbohydrate	11.6 gm Brussels sprouts, cooked, quartered	1.3
Other	1-2 drops NOW Real Foods® monk fruit extract	
	Salt & pepper	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Melt the butter (for cooking) in a pan over medium heat.
- Chop the raw turkey bacon on a cutting board, then transfer to the pan.
- Add the cooked Brussels sprouts; season with salt & pepper.
- Allow the ingredients to cook for approximately 10-15 minutes; stirring often.
- In a separate bowl, combine the goat cheese and softened butter until smooth.
- Add 1-2 drops of monk fruit extract to the goat cheese mixture.
- Transfer the bacon mixture to a dish or bowl.
- Top with the goat cheese mixture and serve.

VARIATIONS

- This recipe can be frozen for up to 2 months.
- Other vegetables can be used such as green beans, carrots or spaghetti squash.
- Other proteins can be used such as pork bacon, sausage, chicken, or turkey.
- Other soft cheeses can be used including mascarpone, cream cheese or ricotta.
- Smart Balance® can be used in place of butter by adjusting to the correct gram amount.
- Monk fruit extract is used in this recipe as a honey flavored liquid sweetener. No more than 2 drops should be used to prevent an artificial aftertaste. Can be omitted.