
Brussels Sprouts, Sweet and Sour

Debby Smiley

Servings: 6

Preparation Time: 20 minutes

Rating: 8

OK to cook ahead and put all in a covered casserole. Then, just heat through in a moderate oven.

This recipe came from Norma Lawrence. She served it at a "girls night out" pot luck supper at her camp on Flying Pond in Mount Vernon in 1991.

3 pounds frozen brussel sprouts

1/2 pound bacon, cooked

3/4 cup balsamic vinegar

3/4 cup sugar

1 1/2 teaspoons salt

1 teaspoon garlic powder

1/2 teaspoon pepper

Cook brussels sprouts according to package directions. Drain. Meanwhile, in skillet cook bacon till done but tender; drain, reserving 1/4 cup drippings. Crumble bacon; set aside. To reserved drippings add vinegar, sugar, salt, garlic powder, and pepper. Add brussels sprouts; stir till heated through and well coated. Sprinkle with the crumbled bacon.

For Thanksgiving dinner for 17, 3# is more than enough. If you steam the sprouts, make 1 1/2 the recipe for the sauce. The sprouts absorb a lot more of the juice and there isn't much left for pouring over them. Try boiling again in 2012 and see if they really are better this way.

Easter Dinner, Veggies

Per Serving (excluding unknown items): 321 Calories; 19g Fat (51.7% calories from fat); 12g Protein; 28g Carbohydrate; trace Dietary Fiber; 32mg Cholesterol; 1137mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.