



# ***Brussels Sprouts with Mushrooms and Bacon***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

1-1/2 pounds Brussels sprouts, cleaned and large ones halved lengthwise  
Olive oil  
Sea salt and freshly ground pepper  
4 slices turkey bacon, baked (at 375°F for 10 minutes) and sliced  
1/2 pound Portobello mushrooms, sliced and chopped  
1 medium shallot, finely diced  
1 tablespoon Dijon mustard  
1/4 cup chicken or vegetable broth

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## ***Directions***

Preheat oven to 400°F. Place cleaned Brussels sprouts on a parchment-lined baking sheet. Sprinkle with salt and pepper and drizzle with olive oil. Roast in oven for 20 minutes, stirring once after 10 minutes.

While sprouts are roasting: In a large sauté pan, sauté shallots and mushrooms in about 1 tablespoon olive oil, about 5 minutes. Mix mustard with vegetable broth in a measuring cup and pour over mushrooms. Simmer uncovered.

When Brussels sprouts are done, add them to the mushrooms and cover to cook further, about 5 minutes. Add bacon to finished dish and serve. Enjoy!!