



Savoury Harvest Brussels Sprouts

Recipe courtesy of Foodland
Ontario
ontario.ca/foodland

**Celebrating the Bounty at
Vankleek Hill Farmers' Market**

1-1.5 lb Brussels Sprouts
2 carrots
2 strips side bacon
1 small onion chopped
¼ tsp crushed red pepper flakes

2T honey
1 tsp Dijon mustard
¼ tsp each salt & pepper
½ cup shredded Mozzarella or Swiss
cheese

Trim Brussels sprouts; cut "x" in the base of each. Cut carrots into 1" pieces. Cook in saucepan of simmering salted water until tender (3 min.) Drain & set aside. In large ovenproof skillet cook bacon over medium heat until crisp. Move to a paper towel-lined plate. To 1T. of the bacon fat, add the onion & red pepper flakes and cook over medium-low heat until softened (5 min.). Stir in honey, mustard, salt & pepper. Add Brussels sprout and carrots; toss to coat well. Chop bacon; sprinkle bacon and cheese over the top. Bake at 400F for 3 minutes until cheese is melted.