

Bacon Wrapped Brussels Sprouts



NUTRITION INFORMATION:

SERVING SIZE: 4

TOTAL SERVINGS: 8

CALORIES: 30

SAUCE CALORIES: 20

WW POINTS: 0SP

SAUCE WW POINTS: 1SP

INGREDIENTS:

12 ounce package of brussels sprouts

1 package of turkey bacon

Olive oil spray

½ tsp garlic powder

½ tsp onion powder

½ tsp salt

¼ tsp black pepper

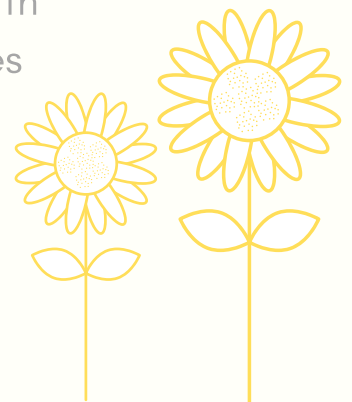
½ cup Ken's Light Honey Mustard Dressing

½ cup Gulden's Spicy Brown Mustard

Note: I used Applegate brand turkey bacon with 8 slices per package. One slice make 4 pieces and is 0sp for those following WW. However, if you eat more than 4 adjust points

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DIRECTIONS

- *Preheat oven to 400F.
- *On a cutting board, trim brussels sprouts by cutting off the ends and removing any damaged outer leaves. Slice in half lengthwise and place in a medium size mixing bowl. Add garlic powder, onion powder, salt, and pepper. Spray with olive oil and mix all together with clean hands, making sure the brussels are evenly coated with the olive oil and spices.
- *Take one slice of bacon and cut in half down the length of the slice and then in half across the middle. This should leave you with 4 strips. Do this with each slice of bacon in the package.
- *Spray a baking sheet with oil. One by one, take a brussels sprout half and wrap one strip of turkey bacon around it and place it flat-side down on the baking sheet. Repeat until finished.
- *Bake for 30 minutes, or until the brussels are soft and the bacon is golden brown. Turkey bacon doesn't get as crispy as regular bacon, but it does brown well.
- *I took a big shortcut for the dipping sauce. In a small mixing bowl, whisk the Ken's dressing with the Gulden's mustard until well combined. That's it! Super simple, tastes great, and decreases the calories and ww points per tablespoon.
- *Now dip your bacon wrapped brussels in some honey mustard dipping sauce and **enjoy!**

