

Spicy Gouda Brussels

THM-Friendly: S

- 6 slices raw bacon, cut into small pieces
- 4 cups fresh Brussels sprouts, cleaned and cut in half or quarters
- 1 Tbsp. minced fresh garlic
- 1/2 cup shredded Parmesan cheese (green can kind is okay)
- 1 cup shredded Gouda (you may not find it pre-shredded but it's worth the effort to shred it yourself!)
- 3/4 cup half and half
- a pinch of mineral salt
- 1 Tbsp. brown mustard/Dijon mustard (use yellow mustard in a pinch)
- 1/2 - 1 tsp. red pepper flakes (depending on your preference)

Instructions:

Clean the Brussels sprouts and cut them into halves/quarters. Chop the bacon into small pieces and add to an oven-safe skillet (if you have one...if not - use any kind). Cook the bacon and remove to a small bowl; remove all the bacon fat from the pan except for about 2 Tbsp. Add the Brussels sprouts and minced garlic to the pan. Cook over medium heat for about 5 minutes, until the sprouts have turned a golden brown color. Turn off the heat.

If your pan is oven-safe, leave everything in the pan and continue to the next step. If your pan is not oven-safe, pour the skillet contents into a 9x9" baking dish.

To the Brussels sprouts, add the bacon, half and half, mustard, salt, and about 3/4 of the two cheeses. If you like spicy, add the red pepper flakes. If not, feel free to leave them out. Stir well to combine. Top with the remaining Gouda and Parmesan.

Bake at 350 degrees for about 20-30 minutes or until sprouts are fork-tender and bubbly.

enJOY!

