

## **Mrs. Barbara's Brussels Sprouts Slaw**

- 4-5 Large Brussels Sprouts
- 1 carrot
- ¼ cup chopped onion
- 2 stalks chopped celery
- 2 T Dukes mayonnaise, Light
- 1 t salt
- ½ T pepper
- 2 T lemon juice

Slice Brussels sprouts in half. Pulse in food processor. Remove and place in large bowl.

Peel and slice carrot in to ½ inch pieces. Pulse in food processor. Remove and place in large bowl.

Finely chop onion and celery and put in bowl with Brussels sprouts and carrot. Mix in remaining ingredients. Refrigerate and enjoy!

## **Chopped Brussels Sprouts Salad**

**Makes 2 salads**

**Salad:**

- 12-15 Brussels Sprouts
- 1 pear, sliced thin and diced
- ½ cup candied pecans (made ahead from pecan episode)
- ½ cup pancetta or country ham, sautéed
- 4oz plain Chevre goat cheese, sliced into ½ in rounds
- 1 egg white whisked with 1 t water
- ½ cup bread crumbs or Panko crumbs
- 2 T olive oil
- Apple vinaigrette

Preheat oven to 375. Remove 12-15 outer leaves (keeping them intact) from 6-7 Brussels sprouts. Toss with ½ t olive oil and roast until brown, approximately 3-5 minutes.

Meanwhile, slice 12-15 Brussels sprouts in half, lengthwise, and remove the core from the bottom. Slice thinly and set aside in a medium bowl. Heat 2 T of olive oil over medium high heat. Slice goat cheese into ½ inch rounds and pat in to flat rounds. Dip into egg wash and dredge in panko. Fry in olive oil 1 to 2 minutes per side, or until golden brown. Set aside. Fry pancetta or country ham pieces over medium high heat until crispy. Drain on a paper towel lined plate.

Toss sliced Brussels sprouts with pancetta, candied pecans, pears and apple vinaigrette. Top salads with roasted leaves and fried goat cheese rounds.

## Roasted Brussels Sprouts and Bacon

- 1 lb Brussels sprouts
- Extra-virgin olive oil
- Kosher salt
- Pinch crushed red pepper flakes
- 1/2 c pine nuts
- 3 slices slab bacon, cut into lardons
- 1 block Parmigiano-Reggiano cheese

Preheat the oven to 400 degrees F.

Cut the Brussels sprouts in half lengthwise, from top to bottom.

Toss the sprouts with olive oil, salt, and crushed red pepper. Toss in the oven until tender, about 30 minutes.

Place the pine nuts on a sheet tray in the oven for the last 5 minutes of roasting the sprouts.

While the sprouts are roasting, put the bacon in a small saute pan with a splash of olive oil and bring the pan to a medium heat. Cook the bacon until it is crispy, 7 to 8 minutes. Remove the bacon from the pan.

Toss the roasted Brussels with the crispy bacon and toasted pine nuts. Using a peeler, shave a few slices of Parmigiano on top.