



WESTERN WISCONSIN HEALTH

SHREDDED BRUSSELS SPROUTS WITH BACON **(GLUTEN FREE)**

- 1 lb. fresh small Brussels sprouts (about 4 C.)
- 2 tsp. olive oil
- 1 oz. prosciutto, diced (or 4 slices turkey bacon, cooked)
- 1/2 C. diced onion
- 2 tsp. fresh lemon juice
- 1 tsp. fresh lemon zest
- Sea salt and freshly ground black pepper to taste

Nutrition Facts	
Serving Size (73g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 6%	• Vitamin C 80%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Trim the hard ends off the Brussels sprouts. Remove any outer leaves that look yellowed or withered. Cut each sprout in half, and slice them into thin strips. Set aside. Heat a 10 to 12" skillet over medium-high heat. Add the oil, prosciutto/turkey bacon, and onions and set for 3 to 4 minutes. Add the sprouts and toss them using tongs, coating the sprouts for about 5 to 7 minutes until the sprouts are browned. Sprinkle on the lemon juice and zest. Season the sprouts with the salt and pepper.

Recipe from Diabetes Forecast magazine, November 2011.

NUTRITION FACTS: Serving size 1 /2 cup per serving, 8 servings