



Bangin Brussel Sprouts
Recipe Courtesy of Patti LaBelle

Ingredients:

1/2 tablespoon grapeseed oil
1 pound Brussels sprouts, halved, blanched and cooled
1 tablespoon minced garlic
Himalayan salt and freshly ground black pepper
Seasoning salt *optional*
Pinch crushed red pepper *optional*
8 ounces turkey bacon, chopped and fried

Method:

1. Place a large skillet over medium-high heat and coat with the grapeseed oil. Add the Brussels sprouts and garlic, and season with 1/8 teaspoon each Himalayan salt and pepper. Then season with seasoned salt to taste and crushed red pepper if you like.
2. Cook, stirring constantly, until the Brussels sprouts are tender, 10 minutes. Add the turkey bacon, mix well and serve.