

## Creamy Garlic Parmesan Brussel Sprouts with Bacon



### INGREDIENTS – Serves 8

- 2 tablespoons butter
- 10 ounces bacon
- 5 cloves garlic finely chopped
- 2 pounds Brussel sprouts, washed, (trim bottoms and cut sprouts in half)
- 1/3 cup fresh shredded or grated mozzarella
- 1/4 cup fresh shredded or grated parmesan cheese
- 1 1/2 cups heavy whipping cream
- 1/2 tsp Xanthan gum OR 1 Tbs Fibery. (*Used to thicken sauce.*)

### DIRECTIONS

1. Preheat oven to 375
2. Fry the bacon until crispy (but not blackened) then remove from pan and set aside.
3. Drain most of the bacon fat from the pan, leaving about 1-2 tablespoons for added flavor. In the same pan, melt the butter, then add the Brussels sprouts and season with salt and pepper.
4. Scrape up any browned bits from the bottom of the pan, and cook while stirring occasionally, for about 6 minutes. The edges should start crisping and slightly charring.
5. Add in the garlic and stir it through the sprouts for a minute.
6. Pour in the cream, reduce heat down to low and allow them to simmer until tender (another 3-4 minutes).
7. Dissolve the Xanthum gum or Fibery into 2 tablespoons water then stir into pan until well combined.
8. Cut bacon into pieces and combine everything in a casserole dish.
9. Top with the mozzarella and parmesan cheeses. Bake until cheese is bubbly and sprouts are done to your liking (about 15 minutes). If you like your cheese browned, change oven settings to broil for 2 minutes, until golden.
10. Season with a little extra pepper, if desired, before serving.