



Pan Seared Brussels Sprouts with Red Pears, Bacon & Cranberries

Recipe by Lynne Veal, PCC Cooks

for Thanksgiving

The glowing colors of pears and cranberries set against the earthy green of the Brussels sprouts will definitely brighten up your table! **Serves 6-8.**

Ingredients:

1 pound organic Brussels sprouts, trimmed and halved
5-8 slices bacon
2 tablespoons olive oil
2 medium shallots, peeled and thinly sliced
2 organic red skinned pears, cored and diced
1 teaspoon chopped fresh rosemary
Sea salt and freshly ground pepper to taste
2 tablespoons maple syrup
1 tablespoon white balsamic vinegar
1/4 cup dried cranberries
1/4 cup toasted hazelnuts

Cook the Brussels sprouts in boiling, salted water 4-6 minutes or until tender but still green. (You may also steam or roast them if you prefer.)

Cut the bacon into thin strips. In a heavy sauté pan, cook the bacon until lightly crisped. Remove from the pan.

Place the sauté pan back over medium high heat and add the oil. Cook the shallots about 2-3 minutes or until lightly golden. Stir in the pears and the crisped bacon and cook for 1 minute. Toss the Brussels sprouts back in the pan and add the rosemary. Season with a pinch of sea salt and freshly ground black pepper. Stir fry to heat the sprouts through, about 3 minutes. Add the maple syrup and the balsamic vinegar and toss gently.

Transfer to a serving bowl and scatter with the dried cranberries and toasted hazelnuts.