Cheesy Bacon Brussel Sprouts

SIMPLE FUN KETO

I never liked Brussel Sprouts. Growing up they were this nasty little green vegetable that showed up on my dinner plate occasionally. I would make them now and then as an adult . . . because I knew they were good for me.

Then I started Keto and tried roasting them in the oven with butter and garlic salt. YUM! Then added a little parmesan cheese. YUM!! Then after experimenting, ended up with this recipe. YUM!!!!!!

Recipe:

4-5 Strips of Bacon

1 T Butter

1 lb Brussel Sprouts

Salt and Pepper

1 tsp Garlic Powder

¾ C Heavy Whipping Cream

¼ C Mozzarella Cheese

2 T Parmesan

Cut bacon into small pieces and fry in pan.

Remove bacon from pan (and some grease), set bacon aside.

Brown brussel sprouts in pan with grease, butter and garlic powder. Salt and pepper to taste. Fry 4-6 min.

Add heavy cream and bacon and simmer another 5 minutes.

Put in casserole dish, mix in mozzarella and sprinkle parmesan on top.

Bake at 375 for 20-30 min until desired softness.

The Keto Dad Tips and Tricks:

- This serves our family of 4 pretty well. You can definitely double the recipe for more people!
- We love our brussel sprouts bite sized. If we get the big fresh ones, we'll cut them in half. We also get a frozen bag from Trader Joes that is super convenient. They're small so we don't cut them. We just simmer the frozen ones a little more.
- I prefer to cut the bacon into little pieces before I cook it. Seems to make less splatter on my stove!
- The baking time at the end can really be to taste. We like them a little softer in this dish, so we get closer to 30 or 35 min. Stick a fork in it and pull them out when it's to your liking!
- You can even do all the earlier steps during the day, throw it in the fridge and then bake it just before dinner!

Serves: 8, Calories: 153, Fat: 13g, Carbs: 5g, Fiber: 1g (Net Carbs 4) Protein: 5g