



CAMELIZED-
BACON
BRUSSELS
SPROUTS

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CARAMELIZED-BACON BRUSSELS SPROUTS

Servings: 6 to 8

Here's a delectable way to get your picky eaters to eat their vegetables. Who can resist the lure of bacon caramelized in Regina's Farm Kitchen® Orange Meyer Lemon Artisan Fruit Spread? They might not even notice the brussel sprouts.

WHAT YOU NEED

1 jar of RFK Orange Meyer Lemon Artisan Fruit Spread
Olive oil (We recommend a Georgia-grown brand,
used as needed)
20 oz. brussel sprouts, blanched

8 oz. locally-sourced bacon, diced
Salt and pepper
Cast-iron skillet



INSTRUCTIONS

Wash and trim the ends of your brussel sprouts. Drop the brussel sprouts into a pot of salted (use a dash), boiling water for 3–4 minutes. Drain the brussel sprouts, then submerge them in a bowl of icy cold water to shock them and stop the cooking. Let cool for 3 minutes, then drain again. Place on a sheet pan lined with a kitchen towel and let dry.

Place the cast-iron skillet in the oven and preheat to 400 degrees. (I use my Mom's skillet, because it never fails me.) If you haven't already diced the bacon, do so now. When oven is pre-heated, drop a piece of bacon into the cast iron skillet. If it sizzles, toss in the rest of the bacon. Let bacon render until crispy, stirring occasionally. Once crisp (to your liking), remove skillet from the oven and place on top of a low flame.

Make sure all the water is absorbed from your gorgeous green brussel sprouts. Remember, water and hot bacon grease don't mix. Raise the heat to medium-high and slowly place all the brussel sprouts in the cast-iron skillet. Let sprouts caramelize and char slightly on all sides, adjusting the heat as necessary. This will take 6–10 minutes. Finally, add several spoonfuls of the RFK Orange Meyer Lemon Artisan Fruit Spread. Swirl it around the crispy bacon lardons and brussel sprouts. Add salt and pepper to taste.

Serve extra RFK Orange Meyer Lemon Artisan Fruit Spread on the side, for dipping. Picky-eater problem solved!

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