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Prevent and Protect
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Pancetta Brussels Sprouts

Recipe courtesy of Wendy Jo Peterson, MS, RD

Serves 4

Ingredients

1 lb Brussels sprouts
2 oz pancetta, diced
1 T olive oil
1/2 orange, zested (or tsp orange zest)
Salt and pepper to taste

Directions

Score bottoms of Brussels sprouts with a “t.” Soak in salted water for at least 10 minutes. Drain and slice into round, hemisphere slices where the cuts look like a chiffonade.

In a pan, heat olive oil and add pancetta. Sauté pancetta for 2 minutes, add threads of Brussels sprouts, and continue to cook for 5 minutes. Add zest and serve.

Nutrient Analysis: *Calories: 115; Total fat: 7 g; Sat fat: 1.8 g; Cholesterol: 4 mg; Sodium: 95 mg; Carbohydrate: 11 g; Fiber: 5 g; Protein: 6 g*