



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

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Chiffonade of Brussels Sprouts with Bacon and Hazelnuts

(Toronto Star and Barbara tested)

Toast hazelnuts in preheated 375F oven 15 minutes or until lightly browned. When they are cool enough to handle, rub to remove most of the skins (you can substitute unsalted cashews if you wish – I actually use walnuts not toasted, just chopped, as that is what I usually have in the house).

1 lb brussels sprouts
2 slices bacon
¼ cup hazelnuts, toasted, chopped
½ tsp salt
¼ tsp pepper

Preparation:

Trim end of sprouts and remove any yellow or spotted outer leaves. Shred sprouts using food processor with coarse shredding disk attached. Alternatively, cut sprouts into 1/16th slices, then separate slices into shreds.

Heat large skillet over medium-high. Add bacon. Cook until crisp, about 7 minutes. Transfer to paper towels to drain. Crumble or chop.

To bacon fat in pan, add Brussels sprouts. Saute over medium-high heat until crisp-tender and bright green, 3 – 5 minutes. Stir in bacon, hazelnuts, salt and pepper.

Makes 4 – 6 side servings

You can freeze left overs if there are any