

Cheesy Bacon Ranch Brussel Sprouts



Ingredients:

- One pound brussel sprouts, trimmed and cleaned
- Six strips of bacon
- ½ cup low-fat plain greek yogurt
- ½ cup sour cream
- 4 oz of cream cheese, softened
- One packet dry ranch dressing seasoning
- 2 tbsp lowfat milk or unsweetened almond, soy, or coconut milk (I used coconut)
- 8 oz block sharp cheddar cheese, shredded and divided
- Salt as needed
- Parsley, chopped, for garnish

Preparation

- Blanche whole brussel sprouts by placing in medium pot, covering with water and adding one tablespoon salt. Bring water to simmer, cook 2-3 minutes, then drain and rinse immediately with cold water, then drain water off completely to let dry.
- Pre-heat oven to 375 degrees
- In a skillet, cook your bacon until crispy. You'll want it to crumble easily, but don't overcook it. Once it is done, remove from skillet, but don't drain the bacon grease.
- While bacon is cooking, mix yogurt, sour cream, ranch seasoning and milk until smooth and creamy. Add half of the shredded cheese.
- Cut your brussel sprouts in half length-wise so leaves are still attached at one end on both halves. Place the halves cut side down in the still hot bacon grease to sear for about 3-4 minutes. Remove from heat.
- Add brussel sprouts and bacon crumbles to the ranch mixture and carefully fold in until all brussel sprouts are covered. Transfer to a baking dish and top with the rest of the shredded cheese.
- Bake at 375° for 20 minutes or until cheese is golden. Top with parsley and serve.