

Brussels Sprouts with Mango & Bacon

Makes 4 servings

Ingredients:

6 slices bacon, chopped

1 lb Brussels sprouts, halved

2 large mangoes (approximately 2 lbs), peeled, pitted and diced

1 Tbsp brown sugar

1/4 tsp salt

1/4 tsp pepper

Instructions:

In a large nonstick skillet, add bacon. Cook for 8 to 10 minutes, or until crisp and fat is rendered. Remove bacon with a slotted spoon. Transfer to a paper towel-lined plate. Remove all but 1 Tbsp bacon fat from the skillet. Increase heat to medium-high. Add Brussels sprouts, mango, brown sugar, salt and pepper. Cook for 6 minutes, or until Brussels sprouts and mango begin to brown and become tender, stirring occasionally. Remove from heat. Toss with bacon.

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