



Roasted Brussels Sprouts with “Baby Bella” Bacon Bits

November 19th, 2013

It's time to cook up some savory goodies for our Thanksgiving tables. Our tastebuds are delighted that [Chef Jackie Newgent, RDN, CDN](#) is sharing her clever and succulent side dish creation with us all. The bacon bits in her dish are actually mushrooms!



Thanksgiving is full of so many traditions. I savor them all. But as someone who also enjoys keeping things interesting, I change up my recipes just a bit from year to year to create intrigue for everyone's palate. I'm so pleased to be able to share one of my newest non-traditional sides.

It starts with roasted Brussels sprouts. Then the intrigue arrives. I top the veggie beauties with "bacon." But my recipe is unique since the bacon bits are actually crimini mushroom slices, slow-roasted until crisped, and spiced just right. The dish may just be the talk of the dinner table. Well, at least until it's time for pie. I hope this dish becomes a new favorite on your holiday plate.

Roasted Brussels Sprouts with Baby Bella Bacon Bits

Makes 6 servings: 3/4 cup each

Ingredients:

- 1 1/2 pounds medium Brussels sprouts, trimmed, and halved lengthwise
- 3 tablespoons extra-virgin olive oil, or to taste
- 1 teaspoon aged balsamic vinegar
- 3/4 teaspoon freshly ground black pepper
- 1/2 teaspoon sea salt, or to taste
- 1 recipe Baby Bella Bacon Bits (see below)

Directions:

1. Preheat the oven to 425°F. Toss together the Brussels sprouts, oil, vinegar, pepper, and salt in a large bowl. Transfer to a large rimmed baking sheet and arrange in a single layer, cut side up.
2. Roast until well caramelized and just tender on the inside, about 25 minutes, flipping over Brussels sprouts halfway through the roasting process. If desired, sprinkle with additional extra-virgin olive oil and sea salt.
3. Transfer to a serving platter or bowl, sprinkle with the Baby Bella Bacon Bits, and serve immediately.

Baby Bella Bacon Bits

Makes 1/2 cup

Ingredients:

- 2 teaspoons turbinado (raw) sugar
- 1/4 teaspoon + 1/8 teaspoon sea salt
- 1/4 teaspoon + 1/8 teaspoon smoked paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 8 ounces crimini (baby bella) mushrooms, stems removed*, thinly sliced (1/8-inch thick)
- 2 tablespoons extra-virgin olive oil

Directions:

1. Preheat the oven to 275°F. Stir together the sugar, salt, paprika, chili powder, and garlic powder in a small bowl.
2. Add the mushrooms to a medium bowl, drizzle with the oil, and toss to fully coat. Sprinkle with the seasoning mixture and toss to fully coat. Arrange in a single layer on a large nonstick baking sheet.
3. Roast until reduced in size by about 50 percent and deeply caramelized, about 1 hour 15 minutes. There's no need to stir or flip over during roasting. Scrape up mushrooms with a spatula to make sure they're not sticking to the pan; rearrange in a single layer; turn off oven; and return to the warm oven for 45 minutes, to allow to crisp.
4. Remove from the oven and cool the baby bella bacon bits on the pan on a rack to allow to further crisp, at least 15 minutes, and serve. If desired, prepare and store in the refrigerator overnight; bring to room temperature before serving.

*Save mushroom stems for other cooking purpose.

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