Snack

Goat Cheese Stuffed Brussels Sprout Halves

Crisp-tender Brussels sprout halves are filled with a creamy goat cheese and turkey bacon mixture, then baked until golden. They make a warm, savoury bite that works well for sharing.



Gluten free | Nut free

35 min	60	2 g	1 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 12 large fresh Brussels sprouts
- [ ] 1 tbsp olive oil
- [ ] 3 slice lean turkey bacon (diced)
- [ ] 1 clove garlic (minced)
- [ ] 3 oz goat cheese (chevre) (soft)
- [ ] 2 tbsp skim milk
- [ ] 1/2 tsp salt (optional)
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp Parmesan cheese (grated)

Method

- [ ] **1** Preheat the oven to 400 degrees F.
- [ ] **2** Trim the ends off the Brussels sprouts and cut each one in half lengthwise. Blanch the halves in a large pot of boiling water for 2 minutes, then drain and set aside.
- [ ] **3** Use a melon baller or teaspoon measure to core each sprout half, keeping the shells and roughly chopping the scooped cores.
- [ ] **4** Heat the olive oil in a medium saute pan over medium heat. Add the diced lean turkey bacon and cook until almost crisp, then stir in the chopped sprout cores and minced garlic and saute for 3-4 more minutes until softened.
- [ ] **5** In a bowl, stir together the soft goat cheese, skim milk, salt, black pepper and grated Parmesan cheese, then fold in the bacon and sprout mixture until thoroughly combined.
- [ ] **6** Spoon a rounded teaspoon of filling into each sprout shell, arrange the filled halves on a baking sheet and bake for 20 minutes until golden brown. Serve warm.

Nutrition Facts

Per serving

Calories	60
Total fat	4 g
Saturated fat	2 g
Sodium	180 mg
Total carbs	2 g
Fiber	1 g
Total sugars	1 g
Protein	3 g

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