



Sincerely Legenia

As Seen On



KETO Cheesy Bacon & Brussel Sprout Casserole

Legenia Spiller Bearden

Ingredients:

- 1 lb. Brussel Sprouts halved
- 1/2 cup chopped onion
- 1 tbsp. garlic
- 1 tbsp. Kosher salt
- 1 tsp. Black pepper
- 1 cup Mozzarella cheese
- 1 cup Parmesan cheese
- 1/2 cup heavy cream
- 1/2 cup crumbled bacon

Instructions:

1. Add olive oil to a hot skillet (med. High heat), add onions. Cook until tender
2. Add Brussel sprouts, garlic, salt and pepper to skillet.
3. Reduce heat to med. low. and cook for 5 minutes. Meanwhile, preheat oven to 375 degrees.
4. After 5 minutes, add heavy cream, mozzarella cheese and Parmesan cheese.
5. Top w/ bacon.
6. Place in the oven until the cheese is golden and bubbly.
7. Best served warm.
8. Enjoy!