

# WHAT'S IN SEASON



## ROASTED BRUSSELS SPROUTS BACON & PEPPER JACK MACARONI & CHEESE

### INGREDIENTS:

- 1 pound Brussels sprouts, quartered
- 1 red onion, peeled and vertically sliced
- 1 clove garlic, minced
- 2 Tbsp. avocado oil
- 1 (12-ounce) can 2% evaporated milk
- 2 large eggs
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 8 oz. elbow macaroni or other pasta
- 1 Tbsp. butter
- 6-8 strips of bacon, cooked and diced
- 8 oz. shredded Pepper Jack cheese (or other cheese of your choice!)
- 1/4 cup Parmesan cheese, plus extra for garnish

\* *Gluten Free: Use gluten free pasta in place of regular pasta.*

### DIRECTIONS:

- Preheat the oven to 400 degrees F.
- In a large bowl, toss the Brussels sprouts and red onion with garlic and avocado oil. Season with extra salt and pepper. Place the vegetables on a baking sheet covered with aluminum foil, and give it a shake so that they spread out in an even layer. Bake for 30-40 minutes, or until vegetables are soft and just beginning to brown around the edges.
- While the vegetables are roasting, bring a large pot of generously-salted water to a boil, and cook the pasta until al dente. Drain the pasta, and then return the pasta to the pot and toss with butter over medium-high heat until melted.
- In a separate bowl, whisk together the evaporated milk, eggs, salt, and pepper until combined. As soon as the butter is melted with the macaroni, pour in the evaporated milk mixture and stir until combined. Continue cooking over medium-high heat, stirring occasionally, for about 5-8 minutes, or until the sauce comes to a simmer.
- Remove pan from heat and stir in the bacon, grated Pepper Jack and Parmesan until melted. Then gently stir in the roasted vegetables until combined. Serve immediately.



### NUTRITIONAL FACTS

6 SERVINGS  
Calories: 495  
Protein: 25 grams  
Carbohydrates: 44 grams  
Fat: 25 grams

### CALORIE CONSIDERATIONS:

- To INCREASE calories: Add 1 Tbsp extra crumbled bacon and shredded cheese on top of finished pasta dish (+100 calories).
- To DECREASE calories: Reduce avocado oil to 1 Tbsp. and use low-fat Pepper Jack cheese (-150 calories).