



CHEESY BRUSSELS SPROUT GRATIN

- 6 strips bacon
- 2 10-oz. bags shaved Brussels sprouts
- 4 cloves garlic, minced
- 4 scallions, thinly sliced
- 2 cups heavy whipping cream
- 1 1/2 cups shredded Italian blend cheese, divided
- 1/2 cup shredded Parmesan cheese

DIRECTIONS

Preheat the oven to broil. Fry the bacon in a skillet until crispy. Remove bacon but leave bacon fat in the pan. Lower the heat to medium and add the Brussels sprouts and garlic. Sauté for two minutes. Add scallions, cream and one cup of the Italian blend cheese. Stir. Top with remaining cheeses and let everything simmer for six minutes stirring the skillet on the top rack of the oven and let broil for two minutes, or until golden brown and bubbly. Serve family style. Makes eight servings.

RESTAURANT-QUALITY MEALS YOU WON'T BELIEVE ARE KETO

LEARN how easy it is to create healthier food at home with Chef Michael Silverstein's cookbook, "New Keto Cooking." This collection of fresh, flavorful recipes, like the two shown here, reimagines Keto cuisine with big, bold flavors and smarter cooking methods. We have five copies of the \$21.99 cookbook published by Page Street Publishing Co. to give away FREE. For a chance to win, see page 46.



THE CHICKEN-BACON- MUSHROOM SKILLET

- 8 oz. no-sugar-added bacon
- 2 lbs. thinly sliced boneless, skinless chicken breast
- 1 lb. cremini mushrooms, cleaned
- 5 cloves garlic, finely chopped
- 1 cup low-sodium beef stock
- 1 Tbsp. soy sauce
- 1 Tbsp. Worcestershire sauce
- 1/2 cup shredded Gruyère or Swiss cheese



DIRECTIONS

Preheat the oven to broil. Slice the bacon into 1/2-inch pieces and fry over high heat until crispy. Remove the bacon from the pan but leave the grease. Add the chicken and sear for two minutes on each side. Remove chicken. Add mushrooms and garlic to the pan and sauté for one minute. Add stock, soy sauce and Worcestershire and stir. Place chicken back in the pan and submerge it in the sauce. Bring to a boil then top with the bacon and sprinkle with the cheese. Place the skillet under the broiler until cheese is bubbly. Makes four servings.

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READER RECIPE

NO oven and just five ingredients create a delicious treat with this recipe from Wendyanne Fleischman of Cleveland, Ohio, our \$25 prizewinner.



CHOCOLATE PEANUT BUTTER BARS

- 2 cups graham cracker crumbs, finely crushed
- 2 cups confectioners' sugar
- 1 1/2 cup semi-sweet/ milk chocolate chips
- 1 cup butter melted
- 1 cup + 4 Tbsp. peanut butter

DIRECTIONS

Blend melted butter with finely ground graham crumbs, confectioners' sugar and one cup of peanut butter. Spread the mixture in a medium pan. Melt four tablespoons of peanut butter and chocolate chips in the microwave or on the stove until smooth. When melting, stir every 30 seconds so the mixture doesn't burn. Place on top of the peanut butter layer. Refrigerate at least 1 hour before serving.

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