

## Brussels Sprouts with Lemon Mustard Dressing

- 2 pounds of Brussels sprouts
- 4 ounces Pancetta or thick-sliced bacon, chopped
- Sea Salt
- Grated zest and juice of 1 lemon
- ¼ cup country Dijon mustard + 2 Tablespoons brown mustard seeds
- 3 Tablespoons olive oil

Prepare the Brussels sprouts by trimming the ends and slicing in half length-wise.

Place a 10-inch skillet over medium heat, add the pancetta or bacon. Cook, stirring occasionally, until it is browning and has rendered a bit of fat. Add the Brussels sprouts, tossing or stirring to coat them with the browning from the pan. Cover and cook until sprouts are almost done (still very bright green). Remove the lid, and let the moisture cook away, browning the sprouts just a bit more.

Mix the salt, lemon zest and lemon juice, mustard, mustard seeds, and olive oil. Drizzle over the sprouts and let it warm in the pan.

Serve immediately.

