**Carol’s Crockpot Turkey Thighs and Pan Fried Brussel Sprouts**

Tyler challenged me to share a heart healthy meal in honor of February being heart health month, so here we go!  My momma always use to throw turkey thighs in the crockpot with salt and pepper. She’d let it cook on low all day, and we came home to dinner ready. The meat is so tender, it just falls off the bone…kind of like pulled pork. One turkey thigh serves about 2-3 people. The house smelled like Thanksgiving, which is a fun way to bring thankfulness into the house year around. There’s something about warm comfort food that brings the family together. We used to sit around the table and talk about our days over this comforting meal. I’ll always have those sweet memories from the dinner table.

Of course you can’t just serve turkey…so she’d always make vegetables fun! Yes, I was the kid who loved Brussel sprouts! That’s thanks to my momma. Everything is better with a hot pan of olive oil and chopped garlic, which is exactly what we’re using to make crispy Brussel sprouts. I promise, they taste more like a crispy potato then the negative ideas we have a Brussel sprouts…cue the evil music.  By the way, if you aren’t being heart healthy, but you are on low carb and bacon is part of your diet, cook bacon and then use the same pan to cook the Brussel sprouts in. Follow the instructions below, the only difference is you’ve added bacon grease to cook in and then crumble cooked bacon over the top to serve!

This is a great meal for leftovers…you can serve the shredded turkey on wheat tortillas with lettuce and tomatoes for a healthy lunch. You can toss in the crispy Brussel sprouts for extra flavor and crunch on a salad… kind of like a healthy crouton!  There are so many options with this meal.

So what are we waiting for… let’s get cooking together!

**Ingredients:**

**Crockpot Turkey –**

* 2-3 Turkey Thighs or Turkey Breast on the bone
* Salt and Pepper
* Crockpot

**How to Make:  
Crockpot Turkey –**

* Take frozen or unfrozen turkey thighs or breast and place in the crockpot.
* Add salt and pepper over the top.
* Place lid on top and cook on low for 6-8 hours. (Closer to 4-6 if you are just cooking one).
* Use 2 forks to pull your turkey apart…it will be so tender, it will fall right off the bone.

Ellis was not happy when he heard that we were serving Brussel sprouts, but both he and Tyler came around when they tried it. They were surprised at how good they were! That made me smile!  We’d love to see pictures of your family cooking together… you can share them on the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/)

Carol Ellingson  
Z88.3’s Resident Foodie  
Originally posted on [Carolbake.com](http://carolbake.com/)

**Carol’s Pan Fried Brussel Sprouts**

Tyler challenged me to share a heart healthy meal in honor of February being heart health month, so here we go!  My momma always use to throw turkey thighs in the crockpot with salt and pepper. She’d let it cook on low all day, and we came home to dinner ready. The meat is so tender, it just falls off the bone…kind of like pulled pork. One turkey thigh serves about 2-3 people. The house smelled like Thanksgiving, which is a fun way to bring thankfulness into the house year around. There’s something about warm comfort food that brings the family together. We used to sit around the table and talk about our days over this comforting meal. I’ll always have those sweet memories from the dinner table.

Of course you can’t just serve turkey…so she’d always make vegetables fun! Yes, I was the kid who loved Brussel sprouts! That’s thanks to my momma. Everything is better with a hot pan of olive oil and chopped garlic, which is exactly what we’re using to make crispy Brussel sprouts. I promise, they taste more like a crispy potato then the negative ideas we have a Brussel sprouts…cue the evil music.  By the way, if you aren’t being heart healthy, but you are on low carb and bacon is part of your diet, cook bacon and then use the same pan to cook the Brussel sprouts in. Follow the instructions below, the only difference is you’ve added bacon grease to cook in and then crumble cooked bacon over the top to serve!

This is a great meal for leftovers…you can serve the shredded turkey on wheat tortillas with lettuce and tomatoes for a healthy lunch. You can toss in the crispy Brussel sprouts for extra flavor and crunch on a salad… kind of like a healthy crouton!  There are so many options with this meal.

So what are we waiting for… let’s get cooking together!

**Ingredients:**

**Crispy Pan Fried Brussel Sprouts –**

* Fresh Brussel Sprouts
* Olive Oil
* Garlic, Chopped
* Salt and Pepper

**How to Make:**

**Crispy Pan Fried Brussel Sprouts –**

* Wash Brussel Sprouts, chop off stalk and cut in half.
* In a frying pan over medium heat, add olive oil and chopped garlic. Constantly moving, so it doesn’t burn.
* Add Brussel sprouts to hot pan. Make sure they are as dry as possible, as water will not allow them to fry as easily.
* Change heat to medium high and continue moving around in pan to allow all sides to crisp.
* Add salt and pepper at the end when ready to serve. Salt will draw out the moisture and not allow your Brussel sprouts to crisp up if you add salt before or during the cooking process.
* Serve hot and enjoy!

Ellis was not happy when he heard that we were serving Brussel sprouts, but both he and Tyler came around when they tried it. They were surprised at how good they were! That made me smile!  We’d love to see pictures of your family cooking together… you can share them on the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/)

Carol Ellingson  
Z88.3’s Resident Foodie  
Originally posted on [Carolbake.com](http://carolbake.com/)