

SOULYVE

Bacon Wrapped Veggies with Maple Syrup

There are few scents that can emanate from a kitchen more desirable than bacon. It's bacon, after all. And whether it's Canada or the Caribbean it is hard to resist. Naturally, we want to convince ourselves we are eating healthy, so how about the best of both worlds? Bacon wrapped vegetables! Not only does it add some nutrition to the dish, but more importantly it is actually a delicious combination. And for a quintessentially Canadian addition, a little maple syrup drizzled over the top adds a little sweetness to the saltiness. Wonderful! And here's how you do it.

What you'll want:

- 1 package of bacon (whatever kind you like, but because of the maple syrup drizzle you'll probably want to avoid the maple flavoured one)
- 2 tbsp oil
- 2 zucchini, cut into strips
- 2 red peppers, cut into strips
- 2 green peppers, cut into strips
- 1-2 tbsp Soulyve dry rub
- maple syrup

What you'll want to do with it:

This one is actually pretty simple, and it's always nice to have something simple AND incredibly delicious. Firstly, you'll want to cut your veggies into strips. The thickness is really up to you, but you don't want to go too thin because they will be more difficult to wrap. Go with about a half inch on the zucchini and the peppers. *[Note: Freely experiment with the recipe as well and try some other veggies if you like, such as eggplant, carrot or asparagus.]*

You can go about this step in one of two ways. If you have a grill or BBQ ready to go, crank it up! Season the vegetables with the oil and dry rub, and quickly grill the vegetables. You're just looking to get some colour on the vegetables, not to cook all the way through. If a grill isn't available, you can spread them onto a baking sheet and put in the oven on broil for about 10 minutes. After that's done, take them out and let them cool.

Now for the fun part; the bacon. Depending on how long you've cut the vegetables, you'll need either 1 or 2 strips per bundle. Lay the bacon strip down flat, grab two of each vegetable and put them at one side. Start rolling so the bacon is nice and tight, with the veggies poking out the top and the bottom. If you need another piece of bacon, simply start rolling from where the first piece left off.

Preheat your oven to 400 degrees, and spray a baking sheet with some oil. Put these nice little bundles on your baking sheet and slide them in for 15-20 minutes. You shouldn't need to flip them because the bacon will cook evenly. You're looking for it to get nice and crispy, but not burnt. When they come out, transfer them to a plate and drizzle with some maple syrup! You've now got an amazing salty and sweet and crispy and tender treat that will probably be THEE hit at the party.

