

OVEN-BAKED BACON

Crispy, evenly cooked bacon with no stovetop splatter



Photo by James Trenda on Unsplash

INSTRUCTIONS

1. Prep

Preheat the oven to 400°F. Line a large rimmed baking sheet with foil or parchment paper for easy cleanup.

2. Arrange the bacon

- 1 lb bacon (about 12-14 slices)

Lay the bacon slices in a single layer on the prepared baking sheet, without overlapping.

3. Bake

Bake for 15-20 minutes, until the bacon reaches your desired crispiness. Thinner-cut bacon will be done closer to 15 minutes; thick-cut bacon will take closer to 20. Check at the 12-minute mark if you're unsure, since oven temperatures vary.

4. Drain and serve

Transfer the cooked bacon to a paper-towel-lined plate to drain excess grease. Let cool slightly before crumbling or serving whole.

NUTRITION (per serving, makes about 6 servings, 2 slices each)

- Calories: 161
- Total Fat: 12g
- Total Carbs: 0.5g
- Fiber: 0g
- Net Carbs: 0.5g
- Protein: 12g

STORAGE

Keep in an airtight container in the fridge for up to 5 days, or freeze for up to 1 month.