

Balsamic Brussels Sprouts

Prep Time: 20 Cook Time: approx. 35 min

Ingredients:

1 1lb. package of Brussels sprouts
1 small shallot (chopped)
Olive Oil
Maple Syrup
¼ tsp. salt (sea salt if you have it)
¼ tsp. ground black pepper
Bacon (3-4 strips)
¼ c. balsamic vinegar
1 tsp. rosemary (optional)

Directions:

Preheat oven to 425 degrees.

- 1) In a medium mixing bowl, empty the bag of Brussels sprouts (can cut sprouts in half if you wish), and add salt and pepper. Now add about 3 T. of olive oil, and toss the sprouts until well coated.
- 2) Empty the bowl of sprouts onto a prepared baking sheet and place into preheated oven to bake for 25-30 minutes, until browned and tender.
- 3) While sprouts are cooking, put a couple tablespoons olive oil into frying pan and sauté shallot until tender and translucent. If you want a bit more flavor, you can continue cooking the shallot until nearly caramelized. **Don't walk away. Shallots can go from "not quite there" to burned in a matter of 30 seconds.
- 4) In the same skillet as the shallots, cook 3 or 4 strips of bacon until crispy.
- 5) In a small saucepan, put the balsamic vinegar and about 1 T. of maple syrup. Reduce mixture on medium-high heat until thickened (should coat the back of a spoon). Add shallots and rosemary to reduced balsamic, and set aside.
- 6) You can use the bacon one of two ways. You can crumble (or chop) it and mix it into the balsamic, or you can save it until after the balsamic is poured over the sprouts, and sprinkle the bacon bits over the top.

7) Remove Brussels sprouts from oven and put into a bowl or serving dish. Drizzle in the balsamic mixture, and gently toss sprouts until well coated. If you have saved the bacon bits back, sprinkle them over the top, and serve.