

Maple Bacon Brussels Sprouts

Makes: 6-8 servings

Total Time: 30 minutes

Ingredients

2 lbs. Brussels sprouts
10 slices thick-cut bacon, diced
2 garlic cloves, minced
¼ cup balsamic vinegar
3 tablespoons pure maple syrup
¼ cup pecans
2 tablespoons parmesan cheese
kosher salt
freshly ground black pepper

Directions

Trim the ends off of the Brussels sprouts and remove any loose outer leaves. Cut large Brussels in half.

In a large oven-safe skillet, add the bacon in a single layer and cook over medium-low heat to render the bacon fat. Once the fat is mostly liquefied, turn the heat to medium-high and cook bacon until caramelized and crunchy. Remove bacon from pan and set aside to drain on a plate lined with paper towels. Remove all but 4 tablespoons of fat from the pan.

Keeping the heat at medium-high, add the Brussels and garlic to the skillet and caramelize, 7-10 minutes, the Brussels should be starting to turn golden brown. Add the vinegar to the hot pan, and use a spatula to scrape up any brown bits. Continue to sauté on high heat for a few minutes, until Brussels are tender but not mushy. Add the bacon back to the pan along with the maple syrup. Stir until the syrup has evenly coated the Brussels.

Season well with kosher salt and pepper, then toss in pecans and parmesan. Serve hot.