

Roasted Brussels Sprouts with Bacon, Pecans & Maple Syrup

Servings: 2-3

Total Time: 45 Minutes

INGREDIENTS

- 1/3 cup pecans
- 3 slices bacon
- 1 pound brussels sprouts, halved (stem and ragged outer leaves removed)
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon salt
- freshly ground black pepper, about ten turns
- 1 tablespoon balsamic vinegar
- 1 ½ teaspoons maple syrup

INSTRUCTIONS

1. Preheat oven to 350 degrees. Line a baking sheet with aluminum foil.
2. Place pecans on the prepared baking sheet and bake until lightly toasted and fragrant, about 5 minutes. Keep a close eye on them, as they can burn fast. Transfer the pecans to a cutting board and chop coarsely. Set aside.
3. Turn the oven heat up to 400 degrees. Lay the bacon strips out flat on the same foil-lined baking sheet, leaving space in between so they don't overlap. Roast for 10-18 minutes, or until the bacon is crisp (cooking time will depend on thickness of bacon). Transfer bacon to a plate lined with paper towels; pour rendered bacon fat into a small dish and then discard aluminum foil. When bacon is cool, finely chop.
4. Turn the oven heat up to 425 degrees. Using a rubber spatula, toss the brussels sprouts with olive oil, 1 teaspoon rendered bacon fat, salt and pepper directly on the baking sheet. Roast, stirring midway through with rubber spatula to promote even browning, until brussels sprouts are tender and caramelized, about 20 minutes. Add balsamic vinegar and maple syrup and toss to coat evenly. Taste and adjust seasoning, then transfer to a serving dish. Right before serving, top with chopped pecans and bacon. Serve immediately.