



ROASTED BRUSSELS SPROUTS WITH BALSAMIC-MAPLE GLAZE

"Think you don't like Brussels sprouts? Try roasting them. It brings out the nutty sweetness of the Brussels sprouts. They are perfectly complemented by the tangy and sweet balsamic-maple glaze, which makes this dish oh so delicious!"

Active Time: 10 minutes **Total Time:** 40 minutes **Servings:** 4 as a side dish

INGREDIENTS

- 2 lbs Brussels sprouts, rinsed, trim ends, remove bruised outer leaves, and cut lengthwise
- 3 tbsp extra virgin olive oil
- Salt and pepper
- 4 tbsp balsamic vinegar
- 3 tbsp maple syrup

INSTRUCTIONS

1. Preheat oven to 425°F and line a baking sheet with aluminum foil or parchment paper.
2. In a large bowl, toss Brussels sprouts in olive oil, salt and black pepper.
3. Place Brussels sprouts on the baking sheet in a single layer and roast for 25-30 minutes; stirring and rotating the baking sheet halfway through.
4. Meanwhile, prepare the balsamic-maple glaze. Heat a small saucepan under medium-high. Add balsamic vinegar, maple syrup, and a small pinch of salt. Stir frequently until the sauce thickens and glaze forms, about 4-5 minutes.
5. Drizzle Brussels sprouts with the glaze. Salt and pepper to taste. Serve immediately.



NOTES

- Adapted from Kevin is Cooking's [Honey Balsamic Roasted Brussels Sprouts](#) and WeightWatcher's [Roasted Brussels Sprouts with Maple Balsamic Drizzle](#).
- When picking Brussels sprouts, make sure they are firm, compact, and bright green. The smaller Brussels sprouts are often more tender and flavourful.
- If the glaze gets too thick, add a little more balsamic vinegar to the saucepan at medium-high heat and whisk until you get your desired consistency.

NUTRITION INFORMATION (PER SERVING)

Calories: 235

**Nutritional values are estimated based on the ingredients used by the author; your ingredients may differ.*