

Balsamic Brussels Sprouts

SERVES: 3-5

INGREDIENTS:

- 1½ lbs Brussels sprouts
- 6 slices Slices maple bacon, chopped
- 1 small Onion, diced
- 2 large Garlic cloves, minced
- 2 Tbs Balsamic vinegar
- 2 Tbs Maple syrup or sugar substitute
- 2 Tbs Olive oil
- Salt and pepper



DIRECTIONS:

1. Preheat the oven to 400 degrees and line baking sheet with parchment paper.
2. Trim ends off brussels sprouts, any yellow leaves, and cut in half.
3. Place brussels sprouts, onions, and bacon on baking sheet. Drizzle olive oil and salt and pepper to your liking. Mix until coated and spread into one layer.
4. Bake for 20 minutes, tossing every 10 minutes. Pull out and drizzle balsamic vinegar and syrup (or sugar substitute) over the pan and toss. Bake for an additional 10 minutes.