

Roasted Brussels Sprouts with Balsamic-Maple Glaze –

2 lbs fresh Brussels sprouts -- rinsed, trim ends, and cut lengthwise

3 Tbsp extra virgin olive oil

Prep: 10 mins

Salt and pepper to taste

Cook: 30 mins

4 Tbsp balsamic vinegar

Total: 40 mins

3 Tbsp maple syrup

Servings: 4 (as side)

Directions:

- Preheat oven to 425°F and line a baking sheet with aluminum foil or parchment paper.
- In a large bowl, toss Brussels sprouts in olive oil, salt and black pepper.
- 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.
- 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.
- Drizzle Brussels sprouts with the glaze. Salt and pepper to taste. Serve immediately.