



today's main ingredient

A  LOCAL FOOD PODCAST



Roasted Brussels Sprouts with Bacon and Balsamic Glaze

INGREDIENTS – serves 4 to 6

8 ounces bacon, chopped
1 1/2 pounds Brussels sprouts, outer leaves removed and cut in half lengthwise
1 Tablespoon olive oil
Salt and pepper
1/4 cup balsamic vinegar

Preheat oven to 400°F

STEP 1 – Add chopped bacon pieces to baking sheet and bake for about 15 minutes, stirring once or twice, until crispy. Remove to paper towels to drain.

STEP 2 – While bacon is cooking, toss Brussels sprouts in olive oil and salt and pepper to taste. Add Brussels sprouts to the baking sheet and cook for 30-40 additional minutes until the sprouts are golden brown, and even a little charred.

STEP 3 – While sprouts are cooking, heat balsamic vinegar in small saucepan over medium heat until reduced by half.

STEP 4 – When sprouts are done, remove from oven and toss with cooked bacon and reduced balsamic glaze. Serve hot.

Variation: Add a handful of roughly chopped nuts (e.g. walnuts or pecans) with Brussels sprouts in Step 2.