

# MAPLE ROASTED BRUSSELS SPROUTS

My mother ruined Brussels sprouts for me. I grew up thinking they were boring, flavorless, little mushy cabbages because she boiled them into submission. It wasn't until I tried one in a restaurant that I discovered the joy of eating those well-seasoned, slightly charred *al dente* buds. Once discovered, I've tried them in a variety of ways—grilled, grated into a hash, and sautéed. This is one of my favorite ways to prepare them.

## INGREDIENTS (serves 6-8)

2 pounds of Brussels sprouts, cleaned, ends cut off and cut in half

3 tablespoons olive oil

1/4 cup maple syrup, plus 3 tablespoons

salt and pepper to taste

4 slices bacon

1 onion, diced

1 carrot, diced

1 celery stalk, diced

2 cloves garlic, minced

## PREPARATION

Preheat oven to 400 degrees. Place Brussels sprouts in a baking dish making sure there's only one layer of vegetables. Toss with olive oil and 1/4 cup maple syrup. Season with salt and pepper. Roast in oven for 45 minutes, turning sprouts

half-way through.

In a skillet, render bacon. Remove bacon, crumble and set aside. Sauté onion, carrot and celery in bacon fat for 10 minutes. Add garlic, sauté for one more minute. Add in roasted Brussels sprouts and bacon and toss.

Serve in baking dish. Drizzle remaining 3 tablespoons of maple syrup on top.