

Roasted Brussel Sprouts



Fresh Brussels sprouts: In general, the smaller they are, the sweeter they will be. The larger, the more they will taste like cabbage.

Preheat oven to 400°F

Ingredients:

2 pounds Brussels sprouts, trimmed and halved 2 tablespoons olive oil
Sea salt and freshly-cracked black pepper

- Toss with oil. You can either do this in a large mixing bowl or directly on the sheet pan itself — up to you.
- Arrange on the sheet pan. Spread the Brussels sprouts out in an even layer on your sheet pan.
- Season with salt and pepper. Sprinkle the Brussels sprouts liberally with salt and pepper, to taste.
- Give them a flip. Then go around and flip over each of the Brussels sprouts so that they are cut-side-down. If any of the leaves come loose, don't worry — just nestle them in around the Brussels.
- Roast. Then pop them in the oven and cook until the Brussels sprouts are browned a bit on the top and bottom, and any of those loose leaves are nice and crispy.

Crispy Pan Fried Brussel Sprouts with bacon and balsamic vinegar



Ready in under 30 minutes with 4 ingredients, this crispy fried brussels sprouts recipe is the best of both worlds! The perfect combo of pan fried brussels sprouts with bacon and balsamic vinegar.

- **4 slices Bacon**
- **1 lb Brussels sprouts (sliced in half)**
- **3 tbsp Olive oil (not extra virgin)**
- **3/4 tsp Sea salt**
- **1/4 tsp Black pepper**
- **2 tbsp Balsamic Vinegar**

Place bacon slices onto a large, cold saute pan on the stove. Turn heat to medium. Fry bacon for a few minutes on each side, until crispy.

Remove bacon and set aside to drain on paper towels. Leave the bacon grease in the pan.

Add 2 tbsp (30 mL) olive oil to the pan and swirl around. Add brussels sprouts. Season with sea salt and black pepper, and stir to distribute.

Increase heat to medium-high. Arrange brussels sprouts in a single layer in the pan, with as many surfaces touching the pan as possible. Sear for about 3-4 minutes, without moving, until well browned on the bottom. Flip or stir, and repeat on the other side. Repeat as necessary to brown all sprouts.

Meanwhile, chop the bacon while waiting for the sprouts to brown.

Add balsamic vinegar and remaining 1 tbsp olive oil to the pan. Cover and cook for 2 to 3 more minutes. **Return chopped bacon to the pan.**