

MAPLE PECAN ROASTED BRUSSELS SPROUTS

Serves: 6 to 8

INGREDIENTS

2 pounds brussels sprouts	2 TBLS butter
2 TBLS olive oil	2 TBLS pure maple syrup
½ teaspoon granulated garlic	2 tsps low-sodium soy sauce
Salt & fresh ground Pepper to taste	¼ cup chopped pecans

INSTRUCTIONS

Preheat oven to 400 degrees F.

Rinse and drain the brussels sprouts. Trim tough ends, if necessary. To ensure even roasting, slice larger sprouts in half from top to bottom and if they are very large, they can be quartered. Smaller sprouts can stay whole. Place sprouts on a 12"x16" rimmed baking sheet. Drizzle with olive oil and sprinkle with granulated garlic, salt, and pepper to taste. Stir to coat evenly and place baking sheet in the oven.

Roast for 10 to 15 mins, or until just barely fork tender (time will depend on size of your sprouts). Stir halfway through to ensure even browning.

Meanwhile, add butter to a small saucepan and place over low heat until melted. Remove pan from heat and add maple syrup and soy sauce. Stir to combine and set aside.

Remove sprouts from the oven, pour the sauce over the top, and sprinkle with chopped pecans. Return baking sheet to oven and roast for an additional 3 mins, or just long enough to lightly caramelize the sprouts and toast the pecans.