

Roasted Brussel Sprouts

If you're still scrunching your face or sticking out your tongue in disgust then you're about to feel foolish. These little green bad boys will make you come back for seconds once you have rolled your eyes back into the forward position. You can make these with a store bought balsamic vinegar reduction or make your own. It is super simple to make it yourself. I will provide instructions below.

Ingredients:

1 ½ pounds brussel sprouts cut in half down the middle of the core
5 strips of bacon (or more if you want)
¼ cup olive oil
Salt and pepper to your liking

Directions:

1. Spread the sprouts on a sheet pan and toss with the oil salt and pepper. Bake at 400 degrees for 25 minutes or until tender.
2. While they are roasting fry your bacon. You can cut the bacon into one inch pieces before you cook it if you desire or you can just crumble the bacon strips after they are cooked. It's up to you.
3. Once the sprouts are tender sprinkle the bacon over top and drizzle with a couple tablespoons of the balsamic glaze.

Balsamic Vinegar Glaze

Ingredients:

2 cups balsamic vinegar
Optional: ½ cup brown sugar or ¼ cup honey

Directions:

Place the vinegar and sugar or honey, if using, in a small pot and simmer over low heat stirring occasionally. Don't put the lid on the pot if you do the mixture will not thicken. If using the sweetener it will take less time, about 10 minutes. If just using vinegar it will take 15-20 minutes. I prefer it with the sweetener but you may like it straight up. Either way is good. Once the mixture coats the back of your spoon it is ready.