

BACON MAPLE BRUSSELS SPROUTS

Ingredients

- ½ Pound brussels sprouts
- ¼ Pound bacon-cut into small dice ¼" x ¼" x ¼"
- ½ Yellow onion-cut into small dice ¼" x ¼" x ¼"
- 2 Tbsp maple syrup
- 1 Tbsp dijon mustard
- Salt to taste
- Black pepper to taste

Instructions

1. Cook bacon until completely cooked and deep red color is achieved, but not burnt. Remove from heat
2. Cut and add onions to bacon off of heat, stirring every couple of minutes. Cook onions until translucent. Allow the onions to cook off of heat in the hot pan to avoid burning the bacon
3. Peel off any wilted and discolored outer leaves from the brussels sprouts and rinse thoroughly under cold water
4. Cut off the bottom stem of the brussels sprouts
5. Split the small brussels sprouts in half and the larger ones into quarters so they are all close to the same size
6. Bring a pot of water, enough to cover the brussels sprouts, to a boil and add 2 tbsp of salt
7. Once boiling, add brussels sprouts for 1 minute or until bright green
8. Immediately remove from boiling water and shock in cold water/ice bath
9. Strain most of the oil from bacon and onions minus 1 tbsp to be left in the pan and return to high heat
10. Completely strain brussels sprouts, so there is no loose water left on them and add to the pan
11. Sauté until brussels sprouts begin to achieve a light golden-brown coloring
12. Remove from heat and add maple syrup and mustard stirring to evenly coat
13. Taste and adjust seasoning with salt and pepper to desired flavor preference