

Roasted Balsamic Brussels Sprouts



PREP TIME:
5 MINUTES

COOK TIME:
30 MINUTES

TOTAL TIME:
35 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Ingredients:

- 1 Pound Brussels Sprouts – Ends Trimmed and Sliced in Half
- ¼ Cup Red Onion - Diced
- 3-4 TBSP Extra Virgin Olive Oil
- 4 oz. Pancetta - Diced
- ¾ Teaspoon Himalayan Sea Salt
- 1 Teaspoon Garlic Powder
- ½ Cup Balsamic Vinegar
- 2 TBSP Raw Honey

Instructions:

1. Preheat oven to 400 degrees.
2. In a large bowl, add sliced brussels sprouts, onion, pancetta, olive oil, salt and garlic powder.
3. Stir until evenly combined.
4. Lightly spray a roasting pan with olive oil. Evenly spread out the mixture on to the pan.
5. Allow to roast 30 minutes – flipping over ½ way through.
6. After flipping them over, start the balsamic glaze. In a small sauté pan, add the balsamic vinegar and honey. Cook on medium heat, whisk lightly. Allow to simmer for about 10-15 minutes – until glaze begins to cook down and thicken.
7. Remove brussels sprouts from oven and transfer to a serving bowl. Drizzle the balsamic glaze on top and toss to coat.

***Try and use all organic ingredients if possible.**