

## ROASTED BRUSSELS SPROUTS WITH BALSAMIC-MAPLE GLAZE



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FOOD SERVICE DIRECTOR

### INGREDIENTS

- 2 lbs Brussels sprouts, rinsed, trim ends, remove bruised outer leaves, and cut lengthwise
- 3 tbsp extra virgin olive oil
- Salt and pepper
- 4 tbsp balsamic vinegar
- 3 tbsp maple syrup

### DIRECTIONS

1. Preheat oven to 425°F and line a baking sheet with aluminum foil.
2. In a large bowl, toss Brussels sprouts in olive oil, salt and black pepper.
3. Place Brussels sprouts on the baking sheet in a single layer and roast for 25-30 minutes; stirring and rotating the baking sheet halfway through.
4. Meanwhile, prepare the balsamic-maple glaze. Heat a small saucepan under medium-high. Add balsamic vinegar, maple syrup, and a small pinch of salt. Stir frequently until the sauce thickens and glaze forms, about 4-5 minutes.
5. Drizzle Brussels sprouts with the glaze and toss gently. Salt and pepper to taste. Serve immediately.