



MAPLE GLAZED BRUSSELS SPROUTS^o

SERVES: 4 (1 cup each) **Prep Time:** 15 min. **Cooking Time:** 1 hr.

CONTAINER EQUIVALENTS (per serving): 1 1 1



This is a recipe I came up with for one of my New York kitchens that was a big hit and became a wintertime staple. The glaze is simply a sweet-and-sour sauce, and this one is not only simple, but extremely versatile. It can be used to glaze squash, sweet potatoes, carrots, or just about any winter root vegetable, but I love it most on these sprouts.

¼ cup	pure maple syrup (preferably dark amber)
¼ cup	apple cider vinegar
½ tsp.	chopped fresh rosemary
2 tsp.	sea salt (or Himalayan salt), divided use
½ tsp. + 1 dash	ground black pepper, divided use
1 tsp.	unsalted organic grass-fed butter (optional)
8 cups	brussels sprouts, stems removed, cut in half lengthwise
1 Tbsp.	olive oil

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray

1. Preheat oven to 450° F.
2. Line large baking sheet with parchment paper. Lightly coat with spray. Set aside.
3. To make glaze, combine maple syrup, vinegar, rosemary, *½ tsp.* salt, and *1 dash* pepper in small saucepan. Bring to a boil, over medium heat, stirring occasionally. Reduce heat to medium-low; gently boil for 20 to 25 minutes, or until glaze has thickened to the consistency of syrup, foamy bubbles appear on the surface, and harshness of the vinegar has evaporated. Remove from heat.
4. Add butter (if desired), whisking constantly until fully incorporated. Set aside. (You should have about *½ cup* of glaze.)
5. While glaze is cooking, bring water and *1 tsp.* salt to boil in large pot over medium-high heat.
6. Add brussels sprouts to boiling water; cook for 4 to 5 minutes, or until bright green and tender-crisp.
7. While brussels sprouts are cooking, prepare an ice bath by filling a large bowl with ice and cold water.
8. Drain brussels sprouts and place immediately in ice bath for approx. 5 to 10 minutes (or rinse under cold running water until fully cooled). Set aside.
9. Drain chilled brussels sprouts. Combine brussels sprouts, oil, *remaining ½ tsp.* salt, and *remaining ½ tsp.* pepper in a medium bowl; toss gently to blend. Spread evenly on prepared baking sheet. Bake for 15 minutes, rotating pan once, or until edges begin to crisp.
10. Pour glaze over brussels sprouts; toss with a spatula until well coated. Bake for an additional 5 minutes, or until a shiny glaze has set over their entire surface.
11. Cool a few minutes. Stir before serving. Enjoy!

TIP:

An ice bath is the second part of the blanching process, which preserves vitamins, color, and the al dente bite, and also stops the cooking process, which cuts down on cooking time.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 171 **Total Fat:** 5 g **Saturated Fat:** 1 g **Cholesterol:** 2 mg **Sodium:** 692 mg **Carbohydrates:** 30 g **Fiber:** 7 g **Sugars:** 18 g **Protein:** 6 g

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