

# Brussels Sprouts with Maple Syrup

<http://www.bonappetit.com/recipes/2012/10/brussels-sprouts-with-maple-syrup> (October 2012)



**Servings: 8**

1. Heat 2 Tbsp. oil in a large skillet over medium-high heat. Working in 2 batches (or simultaneously using 2 skillets) and adding 2 more Tbsp. oil between batches, cook brussels sprouts, cut side down, in a single layer in skillet until deep golden brown, 4-5 minutes. Season brussels sprouts with salt and pepper and toss; cook until tender, 3-4 minutes longer. Transfer to a large bowl.
2. Remove skillet from heat; add maple syrup, butter, and herbs to pan. Once butter has melted, add brussels sprouts to skillet and toss to coat. Transfer brussels sprouts mixture to a large serving platter.

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Per Serving (excluding unknown items): 155 Calories; 10g Fat (53.5% calories from fat); 4g Protein; 16g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 27mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 2 Fat; 1/2 Other Carbohydrates.

4 tablespoons olive oil, divided, plus more for drizzling

2 pounds brussels sprouts, trimmed, halved lengthwise

Kosher salt and freshly ground black pepper

1/4 cup maple syrup, not imitation

2 tablespoons unsalted butter (1/4 stick) room temperature

2 tablespoons Italian parsley, chopped

1 1/2 tablespoons fresh chives, thinly sliced (or 2 T. green onions)

1 tablespoon fresh sage, thinly sliced (optional)

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>