

MAPLE- GLAZED BRUSSELS SPROUTS



It is maple syrup season!!

Mild temperatures during the day and freezing temperatures during the nights make for the sap to run. Don't think of it as mud season, its maple season!!

Of course one of my favorite things to do with maple syrup is pancakes... but there are also brussel sprouts. Nothing better than some baked brussel sprouts with a drizzle of maple syrup. Here's how:

1 lb brussel sprouts

2 T maple syrup

2 T olive oil

5 garlic cloves

S & P

Turn oven to 400 degrees.

Trim and halve, 1 pound of brussel sprouts.

In a bowl, mix together maple syrup and olive oil. Add the peeled and halved garlic cloves, season with salt and pepper. Add the brussel sprouts and toss to coat. Pour the brussel sprouts on to a baking sheet and roast for 20 minutes at 400 degrees.

Enjoy!!