

Sautéed Brussels Sprouts with Maple Syrup and Bacon

By Katie Goodman

➔ I know, I know. Brussels sprouts. I can almost see you rolling your eyes. But they're really quite tasty when they're cooked almost any way BUT boiled. If you're looking for something different to feature at your table this Thanksgiving, this recipe for Sautéed Brussels Sprouts with Maple Syrup and Bacon will surely be a crowd-pleaser, despite the vegetable's bad rap.

I prefer to cut my Brussels sprouts in halves or quarters. They cook faster and seem to be tastier. The outside doesn't get overcooked while you're waiting on the inside, their color stays more vibrant, and they're easier to eat. Bacon is a great match with Brussels sprouts. Add to that some maple syrup, and you won't even realize you're eating the vegetable you hated as a child.



Ingredients

- 1¼ lb Brussels sprouts
- ¼ cup diced center cut bacon, uncooked
- 1 large shallot, chopped
- 2 teaspoons butter
- 2 teaspoons olive oil
- ¼ cup water
- ¼ cup maple syrup

Directions

Step 1: Wash and trim the Brussels sprouts. Discard any wilted or dirty outer leaves. Trim the stems slightly to remove part of the stump, but not too close, or else the leaves will all fall apart. Cut in quarters. Set aside.

Step 2: Peel the skin off the shallot and roughly chop. Set aside.

Step 3: In a large sauté skillet, heat the oil and butter over medium-high heat. Add the bacon and shallot and sauté until the bacon is cooked through and crisp and the shallot is tender. Add the Brussels sprouts and sauté for 2 minutes.

Step 4: Add ¼ cup of water to the pan and cover with a lid. Cook over medium heat for 3–5 minutes, or until desired tenderness is achieved. Remove lid, cook off remaining water and stir in the maple syrup. Season to taste with salt and pepper, if desired. Serve immediately.