



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Blueberry Balsamic Glazed Brussels Sprouts

Ingredients:

- 1-1/2 pounds Brussels sprouts
- 3 tablespoons olive oil
- 1-1/2 cups frozen blueberries
- 1/2 cup balsamic vinegar
- 2 tablespoons maple syrup
- 2 ounces blue cheese, crumbled
- 4 ounces low sodium, thick cut bacon, diced

Directions:

1. Preheat oven to 450°F. Cut Brussels sprouts, removing the stems and cutting them in half lengthwise. In a large bowl, toss Brussels sprouts in olive oil.
2. In a large cast iron pan over medium high heat, place sprouts cut side down and cook for 5 minutes without stirring, or until they begin to brown.
3. Toss Brussels sprouts, then place cast iron pan into the oven for 10 minutes; toss and set aside.
4. In a small saucepan over low heat, cook blueberries, balsamic vinegar, and maple syrup, mashing blueberries against the saucepan with the back of a spoon until mixture reduces by more than half (about 20 minutes).
5. Remove from heat and strain glaze into a small bowl.
6. Drizzle some of the glaze over Brussels sprouts and place back in the oven for an additional 5 minutes.
7. While in the oven, cook bacon until desired doneness; dice into bits.
8. Remove glazed Brussels sprouts from the oven. Toss in bacon and blue cheese, stirring to combine.
9. Transfer to a platter and serve immediately.

Serves 4

200 calories, 14 g fat, 2 g saturated fat, 15 g carbohydrate, 5 g protein, 450 mg sodium

Source: U.S. Highbush Blueberry Council

