

AGED BALSAMIC VINEGAR BRUSSELS SPROUTS

F EASY

Last Modified: 03/06/2018

PREP: 20 Min

COOK: 30 Min

OVEN: 425

VEGETABLES

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Fresh (GREEN) Brussels Sprouts	Halved
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
3	Tbsp	Extra Virgin Olive Oil (EVOO)	
1/4	Cup	Mushroom Soy Sauce (Healthy Boy)	
1/4	Cup	Aged Balsamic Vinegar (High Quality)	
1	Tbsp	Honey	Dissolved
OR			
1	Tbsp	Light Brown Sugar	Dissolved

PREPARATION

FACTOID	These make an EXTREMELY tasty and pretty to look at side dish for any dinner party. Figure on a large spoonful per person. You WILL end up loving Brussels Sprouts.
CAUTION	We choose medium same-sized or even smaller Brussels Sprouts because the internal layers will be tighter. Use a little caution with the amount of Balsamic Vinegar you use, the flavor EASILY becomes overloaded with Vinegar if you are not careful. Taste, taste, TASTE before dipping!
TOOLS	1) Aluminum Half Sheet Pan lined with Foil 2) Medium Mixing Bowl 3) Small Mixing Bowl 4) Large Pie Tin
PREP	DISH 1) Rinse & Slice the Brussels Sprouts in half and set them aside, discarding any dried out or brown Leaves. 2) Preheat the oven to 425 degrees with a rack near the bottom.
1	In a medium mixing bowl, stir in the EVOO, Salt and Pepper until thoroughly mixed. Add in the Brussels Sprouts and gently toss to evenly coat.
2	In a small mixing bowl, add in the Balsamic Vinegar, Soy Sauce and either the Honey or Brown Sugar. Whisk until the Honey or Brown Sugar has completely dissolved. Pour the mixture into the pie tin.
3	Using tongs, pick up each half Brussel Sprout, dip only the cut side quickly into the Soy Vinegar mixture and place it cut side down on the foil lined sheet pan, not touching. Repeat until all of the cut sides of the Brussels Sprouts are flavored.
4	This will cook nicely setting alongside anything you are already roasting in the oven.
5	Roast the Brussels Sprouts for 15 minutes. Gently turn the Brussels Sprouts over and roast them for another 10 to 15 minutes or until the Brussels Sprouts are GB&D (Golden Brown and Delicious)!
6	Remove the sheet pan from the oven and gently shake the Brussels Sprouts to recoat them with the Sauce. Keep warm in the oven. Just prior to serving, spoon any leftover Sauce over the top of each Brussels Sprout.
SERVE	Serve while hot. Garnish the tops with thinly sliced Green Onion Greens if desired.

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