Brussels Sprouts with Caramelized Pearl Onions and Maple Syrup

Debbie Arrington - Sacramento, CA Scripp's Treasure Coast Newspapers

Servings: 10

3/4 cup walnuts or pecans, coarsely chopped

1/4 cup (1/2 stick) unsalted butter, melted

1 - 2 tablespoons maple syrup (adjust for desired sweetness)

1 teaspoon salt, divided

2 pounds Brussels sprouts, discolored leaves discarded, stems trimmed, quartered

1 bag (16 ounces) frozen pearl onion, slightly thawed

1/4 teaspoon black pepper 1 tablespoon cider vinegar Preheat the oven to 350 degrees.

Place the nuts on a baking sheet. Toast them for about 10 minutes or until fragrant and just a few shades darker.

In a small bowl, stir together one tablespoon of the butter, the maple syrup and 1/2 teaspoon of salt. Add the maple glaze to the hot nuts and toss to coat.

In a large nonstick skillet, heat the remaining three tablespoons of butter over medium-high heat. Add the Brussles sprouts and saute' them for about 5 minutes.

Add the onions to the skillet. Stir, cover, and continue cooking until the onions are slightly golden and the Brussels sprouts are crisptender, about 5 minutes.

Uncover, add the salt, black pepper and vinegar. Saute', stirring, about 2 minutes.

Add the nuts and any glaze in the baking pan. Saute', stirring, for 1 minute more.

Serve.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 71 Calories; 3g Fat (28.6% calories from fat); 3g Protein; 11g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 236mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Dar Carrina Mutritional Analysis

Calories (kcal):	71	Vitamin B6 (mg):	.2mg
% Calories from Fat:	28.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	56.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	53mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0 0.0%
Cholesterol (mg):	6mg	7. Daniel	1111-74
Carbohydrate (g):	11g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	236mg	Vegetable:	1 1/2
Potassium (mg):	349mg	Fruit:	0
Calcium (mg):	46mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	71mg	-	
Vitamin A (i.u.):	812IU		
Vitamin A (r.e.):	93 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving			
Calories 71	Calories from Fat: 20		
	% Daily Values*		
Total Fat 3g	4%		
Saturated Fat 1g	7%		
Cholesterol 6mg	2%		
Sodium 236mg	10%		
Total Carbohydrates 11g	4%		
Dietary Fiber 3g	13%		
Protein 3g			
Vitamin A	16%		
Vitamin C	118%		
Calcium	5%		
Iron	7%		

^{*} Percent Daily Values are based on a 2000 calorie diet.