

# Date Glazed Brussels Sprouts with Pancetta and Hazelnuts

*www.TheFreshMarket.com*

## **Servings: 8**

*3 ounces thick-sliced  
pancetta, cut into cubes  
3 tablespoons Date Lady  
date syrup  
2 pounds Brussels sprouts,  
halved  
1 1/2 tablespoons sherry or  
rice vinegar  
2 tablespoons extra-virgin  
olive oil  
Kosher salt  
freshly ground pepper  
1/2 cup hazelnuts, toasted,  
skinned and coarsely  
chopped  
10 medjool dates, pitted and  
cut into 1/4-inch dice (with  
an oiled knife)*

Preheat the oven to 400 degrees.

In a large skillet over medium heat, cook the pancetta until browned and crisp, about 5 minutes. Transfer to paper towels to drain and cool.

Toss the Brussels sprouts in oil on a large sheet pan. Turn the sprouts cut side down.

Bake until browned and tender when pierced with a knife, about 30 minutes.

Remove the sheet pan from the oven. Scatter the chopped dates over the sprouts. Drizzle the date syrup over the top, tossing to coat. Return to the oven.

Bake until the syrup is bubbling, 5 to 8 minutes.

Remove from the oven. Sprinkle with vinegar and mix well. Season to taste with salt and pepper.

Transfer to a serving dish. Sprinkle with pancetta and hazelnuts. Serve immediately.

---

Per Serving (excluding unknown items): 129 Calories; 9g Fat (57.7% calories from fat); 5g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.