

Maple and Bacon Glazed Brussels Sprouts

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Servings: 4

*5 strips bacon, chopped
1 pound fresh Brussels
sprouts, trimmed
3 tablespoons butter
1/2 cup chicken broth
1/4 cup chopped pecans
1/4 cup maple syrup
1/4 teaspoon salt
1/4 teaspoon pepper*

Preparation Time: 15 minutes**Cook Time: 20 minutes**

In a small skillet, cook the bacon over medium heat until crisp. Remove to paper towels with a slotted spoon. Drain.

Cut an "X" in the core of each Brussels sprout. In a large skillet, saute' the sprouts in butter until lightly browned, 4 to 5 minutes.

Stir in the broth, pecans, maple syrup, salt and pepper. Bring to a boil. Reduce the heat. Cover and simmer for 5 minutes. Uncover. Cook and stir until the Brussels sprouts are tender, 8 to 10 minutes longer.

Sprinkle with bacon.

Per Serving (excluding unknown items): 228 Calories; 18g Fat (68.3% calories from fat); 4g Protein; 15g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 445mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 3 1/2 Fat; 1 Other Carbohydrates.