

Honey Balsamic Roasted Brussels Sprouts

This details about this recipe

Ingredients

1½ pounds brussels sprouts as you wish to cook
2 Tablespoons Avocado Oil (cook them in this)
1 Tablespoon Olive Oil (after they are cooked)
¾ teaspoon Salt
½ teaspoon Pepper
2 Tablespoons Balsamic Vinegar or Balsamic Glaze
2 teaspoons Honey

Directions

1. First let's preheat your oven to 425°F. Line a baking sheet with aluminum foil or use a silicone baking mat.
2. Trim off the outer, dry leaves, cut the bottom off and slice lengthwise.
3. In a large bowl, toss Brussels sprouts with avocado oil (smoke temp is 500°F), kosher salt and freshly cracked black pepper to coat thoroughly.
4. Transfer the Brussels sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.
5. Place the roasted Brussels sprouts back in a bowl, or keep on the tray, because then you're going to toss these in a fantastic combination of flavors. Add a tablespoon of olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.

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