

# NOURISH

holistic health & nutrition

## *Pecan Bacon Maple Glazed Brussel Sprouts*

Serves: 6    Prep + Cook Time: 45 minutes

### ***Ingredients***

- 1 1/2 pounds Brussel sprouts
- 1/2 pound nitrate-free, organic bacon
- 1/2 cup pecans
- 2 tbsp grade b maple syrup
- 3/4 tsp sea salt
- 1/2 tsp black pepper

### ***Instructions***

1. Heat oven to 425 degrees.
2. Heat skillet on medium heat and cook bacon until crispy. Roughly chop.
3. Remove bacon and save the bacon grease.
4. Rinse Brussel sprouts + cut in 1/2
5. Place Brussel sprouts on a cookie sheet.
6. Drizzle Brussel sprouts with reserved bacon grease, toss with salt + pepper.
7. Roast sprouts for approximately 30-35 minutes, tossing once in-between, until crispy.
8. With 5 minutes remaining, add the pecans.
9. Remove Brussel sprouts + add chopped bacon.
10. Drizzle maple syrup, toss and flavor with more salt + pepper if needed.
11. Serve warm or at room temperature!