

MAPLE BALSAMIC ROASTED BRUSSELS SPROUTS AND CARROTS

Easy to prepare and bursting with flavor, these Maple Balsamic Roasted Brussels Sprouts and Carrots make the perfect holiday side dish. The irresistible combination of crispy caramelized veggies, sweet maple balsamic glaze, and crunchy pecan topping is sure to win over even the biggest brussels sprouts skeptics!

Prep time: 10 minutes

Cook Time: 30 minutes

Serves: 8-10



Ingredients:

- 1 pound brussels sprouts, trimmed and halved or quartered depending on size (about 5 cups)
- 1 ½ pound carrots, peeled and sliced diagonally into ½" pieces (about 4 cups)
- 1 large shallot, peeled and sliced horizontally into ¼" rounds (about 1 cup)
- 2 cloves garlic, minced
- ¼ cup balsamic vinegar
- 3 tablespoons pure maple syrup
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ cup chopped pecans
- ¼ cup dried cranberries

Instructions:

1. Preheat oven to 425 degrees F and line two large baking sheets with parchment paper (optional, but makes for much easier cleanup!)
2. Divide brussels sprouts and carrots evenly among prepared baking sheets. In a small bowl, add garlic, balsamic vinegar, maple syrup, olive oil, Dijon mustard, salt, and pepper and whisk well to combine. Drizzle half the mixture over each pan and toss until all vegetables are evenly coated. Spread vegetables into a single layer and bake in preheated oven for 15 minutes.
3. Remove baking sheets from oven. Add sliced shallots to sheet pans and toss with vegetables to coat in sauce. Sprinkle chopped pecans over vegetables and return to oven, alternating placement of pans on upper and lower racks. Bake for an additional 15-20 minutes, until vegetables are tender and caramelized.
4. Remove vegetables from oven, sprinkle with dried cranberries, and serve warm.

Notes:

- To prepare brussels sprouts, slice off stem and remove outer leaves. If sprouts are small, cut in half lengthwise; if sprouts are large, cut into quarters to create uniform pieces.
- Substitutions: Honey may be substituted in place of maple syrup; red onion (chopped into 1" pieces) may be used in place of shallots; swap your favorite nut (walnuts, almonds, cashews, etc.) in place of pecans or omit altogether.