



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

PCFMA.ORG

## ASHLEY'S BRUSSELS SPROUTS



Treat yourself to some really good Brussels sprouts with this tasty recipe from one of our PCFMA staff.



00 HR 55 MINS



Serves 6



Featuring

[J&M Farms](#)

INGREDIENTS

- Fresh Brussels sprouts halved, about 2 lbs (de-stem and remove outer leaves)
- 6 to 7 slices of bacon, thick-cut
- 2 tablespoons olive oil
- 3 to 5 cloves garlic
- ¼ cup pecans
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 teaspoons dried thyme
- 2 to 3 teaspoons dried oregano
- 2 to 3 teaspoons balsamic vinegar
- 3 to 4 teaspoons maple syrup (depending on your sweet tooth!)
- Grated Parmesan cheese for serving (optional)

## METHOD

Preheat oven to 350°F and make sure your rack is positioned in the middle. Use a baking pan or casserole dish to roast.

Prepare the Brussels sprouts by cutting the stems off and taking off the outer excess leaves; cut in halves. Mince garlic and rough chop pecans. Coat all of these ingredients with 2 tablespoons of olive oil and season with salt, pepper, thyme, and oregano. Once coated and seasoned, transfer to baking pan/casserole dish and roast for 17-20 minutes.

While your food is roasting in the oven, cook bacon in a frying pan. Make sure not to overcook the bacon until it's crispy! Cook bacon enough to where it's still flaccid but fully cooked through. Rough chop bacon into pieces about dime-sized and transfer to roast. Toss the bacon and drizzle balsamic vinegar and make sure everything is fully incorporated and roast in oven for another 5-8 minutes.

Last, drizzle the maple syrup and toss to incorporate fully in dish and voila! People will remind you how much they despise Brussels sprouts, with the exception of yours. Add grated or shaved Parmesan to serve over these Brussels sprouts, if desired.