

Balsamic-Glazed Brussels Sprouts

This is great way to get people who do not like Brussels sprouts to eat them.

Ingredients

2 cups Brussels sprouts
3 Tbs. olive oil
¼ cup Balsamic vinegar
Salt
Black pepper

Utensils

Knife and cutting board
Measuring cup
Measuring spoons
Tongs or fork
Cast iron frying pan or
oven-safe skillet

This dish is seasoned to taste. Cut the Brussels sprouts in half lengthwise. The dish can be prepared up to this point in advance. Preheat oven to 400°. Gently heat the oil in the frying pan on the stove. Place the Brussels sprouts cut side down in a single layer in the pan, and cook without moving them until they develop a nice brown crust on the bottom. Place the frying pan in the oven and roast for 4 minutes. Remove the pan from the oven and using tongs or a fork, gently turn the Brussels sprouts onto their backs. Add the Balsamic vinegar to deglaze, gently shaking the frying pan, and evenly coat the Brussels sprouts until there is no excess vinegar in the pan. Season with salt and black pepper. Serve hot.