



Maple Roasted Brussels Sprouts with Bacon

Brussels sprouts with bacon are roasted in a mixture of maple syrup and olive oil, resulting in a crispy, caramelized side dish that's quick and easy to make and perfect for weeknight dinners. The Brussels sprouts take on a nutty flavor during the roasting process, and the salty bacon is a delightful contrast with the sweet maple syrup — who knew Brussels sprouts with bacon could ever taste this good?

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Servings: 6

These roasted Brussels sprouts with bacon are sweet, savory, and completely delicious. You'll want to make these bacon Brussels sprouts all season long.

Bacon Brussels Sprouts Ingredients

It's easy to make these maple bacon Brussels sprouts with simple ingredients. Here's what you'll need:

- **Brussels sprouts:** Start with a pound of whole, clean, and trimmed Brussels sprouts.
- **Bacon:** Roast the bacon pieces with the sprouts until they're perfectly crispy.
- **Seasonings:** These Brussels sprouts with bacon are simply seasoned with just salt and pepper.
- **Oil:** Olive oil keeps the sprouts moist and gives the seasonings something to adhere to.
- **Maple syrup:** Pure maple syrup adds sweet flavor to the otherwise savory side dish. It's the perfect way to round out the other ingredients.

How to Make Brussels Sprouts With Bacon

1. Trim the Brussels sprouts and cut the large ones in half.
2. Transfer the sprouts to a large bowl. Toss with the remaining ingredients
3. Arrange in a single layer on a baking sheet.
4. Roast until the bacon is crispy and the sprouts are caramelized.

Ingredients

- 1 pound whole Brussels sprouts
- 4 slices bacon, cut into 1/2-inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil
- 3 tablespoons pure maple syrup

Directions

1. Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C). Line a rimmed baking sheet with aluminum foil.
2. Trim ends off Brussels sprouts and cut any large ones in half. Transfer to a large bowl.
3. Add bacon, salt, and pepper to the Brussels sprouts. Drizzle olive oil and maple syrup over top and toss until sprouts are well coated.
4. Transfer to the prepared baking sheet and spread in a single layer.
5. Roast in the preheated oven until bacon is crispy and Brussels sprouts are caramelized, 20 to 30 minutes, stirring halfway through.
6. Serve warm and enjoy!

Nutrition Facts (per serving)

16g	Calories
12g	Fat
12g	Carbs
5g	Protein

Test Kitchen Tips

- Par-cook the bacon on a foil-lined baking sheet first so she can toss the Brussels sprouts with some of the rendered fat for extra flavor.
- You can add olive oil if you need to, but the fat rendered from the bacon should be enough to coat the sprouts.

How to Store Brussels Sprouts With Bacon

Allow the Brussels sprouts to cool completely. Transfer them to an airtight container and store in the refrigerator for up to three days. Reheat in the microwave or in the oven.

Submitted by [stefychefy](#)

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