



Brussels Sprouts with Maple Syrup

Basic Lifestyle

INGREDIENTS

4 TBS olive oil, divided, plus more for drizzling
2 lbs Brussels sprouts, trimmed, halved lengthwise
Kosher salt and freshly ground black pepper
1/4 cup sugar-free (or low sugar) maple syrup
2 TBS (1/4 stick) unsalted margarine, room temperature
2 TBS chopped flat-leaf parsley
1-1/2 TBS thinly sliced fresh chives
1 TBS thinly sliced fresh sage

INSTRUCTIONS

- Heat 2 TBS oil in a large skillet over medium-high heat.
- Working in 2 batches and adding 2 more TBS oil between batches, cook brussels sprouts, cut side down, in a single layer in skillet until deep golden brown, 4–5 minutes.
- Season Brussels sprouts with salt and pepper and toss; cook until tender, 3–4 minutes longer. Transfer to a large bowl.
- Remove skillet from heat; add maple syrup, margarine and herbs to pan. Once margarine is melted, add Brussels sprouts to skillet and toss to coat.
- Transfer Brussels sprouts mixture to a large serving platter and drizzle lightly with oil.

SERVING INFO: (Serves 8)

1/2 cup = 1 V

See photo of this recipe at [Instagram](#) and [Facebook](#)