

From the kitchen of Dianne Velthove

# Maple Bacon Brussels Sprouts

1.5 lbs brussel sprouts, trimmed  
2 tbsp butter  
2 tbsp light olive or avocado oil  
1.5 cup chicken broth

salt & pepper to taste  
1/2 cup maple syrup  
1/2 cup bacon bits  
1/4 cup pecans, chopped (optional)



- 1) cut an x in the bottom of each sprout
- 2) heat butter and oil in a heavy bottomed pan, when butter is done bubbling, add sprouts
- 3) cook on med-high, while stirring, for 5-8 minutes, until golden brown
- 4) add chicken broth, and salt and pepper to taste, bring to a boil
- 5) cover, let simmer for 5 minutes on low
- 6) remove lid and let simmer, stirring often, until liquid is almost evaporated
- 7) add maple syrup, bacon bits, and pecans (if desired), cook on medium for one minute