

Maple Bacon Brussel Sprouts

1 lb Brussel Sprouts cleaned and halved
1 TBL olive oil
3 TBL good quality maple syrup
5-6 slices bacon sliced into ½ inch pieces,
diced, rendered and crisped, with bacon
fat reserved
Salt and Pepper to Taste

Directions: Set your convection steam oven to Convection Steam mode at 375 or regular oven to Convection Roast 375 degrees F

Place bacon into a cold skillet, and slowly raise the temperature until the fat starts to render, and the bacon becomes crispy. With a slotted spoon, transfer the bacon to a paper towel-lined plate and reserve 2 TBL of bacon fat.

Mix your maple syrup with the rendered bacon fat and one tbl olive oil and toss with your Brussel sprouts, season with salt and pepper, then spread out in a single layer on a parchment-lined sheet tray and place in the convection steam oven for 20-25 minutes or 30-40 minutes in a regular oven stirring once about halfway through. Remove from the oven top with crispy bacon. Enjoy!