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ROASTED BALSAMIC BRUSSELS SPROUTS

In this recipe, Brussels sprouts are roasted to the perfect crispy texture. The reduced balsamic vinegar offers a sweet contrast to the salty sprouts. Enjoy!

Yield: 4 servings

Ingredients:

- 1 lb. **Brussels sprouts**
- 1 **red onion**, cut into wedges
- 2 Tbsp **olive oil**
- ½ tsp **salt**
- 1 Tbsp **reduced balsamic vinegar***

Instructions:

1. Preheat oven to 425°.
2. Trim the ends of the Brussels sprouts and cut in half.
3. In a large bowl, place Brussels sprouts and onion wedges. Drizzle with oil and sprinkle with salt. Toss to combine thoroughly.
4. Roast until fork tender and the leaves begin to crisp, about 40 minutes. Remove from oven and toss with reduced balsamic vinegar. Serve while warm.

*To make reduced balsamic vinegar: In a thick-bottomed saucepan, heat 1 cup of balsamic vinegar over medium-low heat until it simmers. Lower the heat to low and allow to simmer until the sauce thickens. This can take up to 30 minutes; it's important to keep the heat low once simmering, so as not to burn the reduction. In addition to this dish, balsamic reduction can be used to flavor meats, fish, cheese, and strawberries! Keep it in a jar with a tight lid for up to 5 days in the fridge.

Recipe was adapted from weelicious.com.

