

# Roasted Brussels Sprouts with Balsamic Glaze

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## Ingredients

- 1 1/2 pounds Brussels sprouts
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/4 1 onion, finely chopped (*optional*)

## For Serving

- 3 tablespoons balsamic vinegar glaze

## Directions:

Preheat oven to 400 degrees.

Cut off the stem end of the Brussels sprouts. Remove and toss any yellowing outer leaves.



Cut each sprout in half and carefully remove any loose leaves. Spread the loose leaves onto a sheet pan to create a bed for the Brussels sprouts. Place the Brussels sprouts into a large, microwave safe mixing bowl and heat in the microwave on high for 3 minutes. This will reduce the cooking time and will not compromise the texture.

Remove bowl from microwave and mix Brussels sprouts in a bowl with the chopped onion (*optional*), olive oil, salt and pepper. Add the Brussels sprouts to the leaves on the sheet pan and roast for 25 to 30 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.

Some of the leaves may appear burned, but it's the charred leaves that taste the best. Remove from oven and drizzle with balsamic vinegar glaze. You can serve and eat immediately, but these Brussels sprouts hold well. They can be prepared ahead of time and reheated in the oven or broiler.

## Balsamic Vinegar Glaze:

To make balsamic vinegar glaze, pour 6 tablespoons of the vinegar into a small saucepan and heat until vinegar reduces by half and thickens. Enjoy!