

# MAPLE BRUSSELS SPROUTS

Makes 4 servings



## INGREDIENTS

- 1 pound brussels sprouts
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon maple syrup
- 1 tablespoon red wine vinegar
- 1/4 teaspoon salt
- 1/4 cup chopped pecans (optional)

## INSTRUCTIONS

Trim and quarter brussels sprouts. Add oil to a non-stick pan and sauté for 5 to 7 minutes until tender-crisp.

Season with maple syrup, red wine vinegar and salt.

Top with chopped pecans if using.