

# Brussels Sprouts with Caramelized Pearl Onions and Maple Syrup

*Debbie Arrington - Sacramento, CA  
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## **Servings: 10**

*3/4 cup walnuts or pecans, coarsely chopped*

*1/4 cup (1/2 stick) unsalted butter, melted*

*1 - 2 tablespoons maple syrup (adjust for desired sweetness)*

*1 teaspoon salt, divided*

*2 pounds Brussels sprouts, discolored leaves discarded, stems trimmed, quartered*

*1 bag (16 ounces) frozen pearl onion, slightly thawed*

*1/4 teaspoon black pepper*

*1 tablespoon cider vinegar*

Preheat the oven to 350 degrees.

Place the nuts on a baking sheet. Toast them for about 10 minutes or until fragrant and just a few shades darker.

In a small bowl, stir together one tablespoon of the butter, the maple syrup and 1/2 teaspoon of salt. Add the maple glaze to the hot nuts and toss to coat.

In a large nonstick skillet, heat the remaining three tablespoons of butter over medium-high heat. Add the Brussels sprouts and saute' them for about 5 minutes.

Add the onions to the skillet. Stir, cover, and continue cooking until the onions are slightly golden and the Brussels sprouts are crisp-tender, about 5 minutes.

Uncover, add the salt, black pepper and vinegar. Saute', stirring, about 2 minutes.

Add the nuts and any glaze in the baking pan. Saute', stirring, for 1 minute more.

Serve.

Start to Finish Time: 25 minutes

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Per Serving (excluding unknown items): 71 Calories; 3g Fat (28.6% calories from fat); 3g Protein; 11g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 236mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

