

Balsamic Maple Brussels Sprouts and Cauliflower

Tender

brussels sprouts and cauliflower florets sauteed with onions and tossed

with balsamic vinegar and maple syrup for a lightly sweet, tangy

flavor!

Yield:

6-8 servings

Ingredients:

1 pound brussels sprouts, washed

1 pound cauliflower florets, washed and cut bite-size

1 large red onion, thickly sliced

2 tablespoons oil

salt, to taste

dash of black pepper

pinch of granulated garlic or garlic salt

2 tablespoons Balsamic vinegar

1/4 cup pure maple syrup

Instructions:

1.

Bring a large pot of water to a rolling boil. Add brussels sprouts to

the boiling water, cover, and boil for 6-8 minutes, until brussels

sprouts are hot in the middle (don't over cook).

2. Add cauliflower florets to the brussels sprouts in the pot, and

cook for 3-4 minutes, just until cauliflower is starting to get tender.

Drain water.

3. In a heavy skillet, saute onions in oil over medium-high heat for about 2 minutes until slightly browned but still crisp.

4. Add the still-hot brussels sprouts and cauliflower to skillet and cook and stir for a couple minutes. Season with salt, pepper, and garlic. Remove skillet from heat.

5. Pour vinegar and maple syrup over vegetables, tossing gently to coat. Serve hot in bowls.

Leftovers are good cold, too!



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This recipe is from Tammy's Recipes.