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.