

SHADY GROVE FARM AND WELLNESS CENTER

"WHERE GOOD THINGS GROW"

Roasted Brussels Sprouts & Pancetta

- 1 ½ Pounds Brussels sprouts, trimmed and cut in half through the core
- 4 ounces pancetta, diced into ¼ inch pieces (Bacon can be substituted.)
- 2 Tablespoons olive oil
- Kosher salt & freshly ground black pepper
- 1 Tablespoon syrupy balsamic vinegar**

Preheat the oven to 400 degrees.

Serves 4 to 6

Place the Brussels sprouts on a 9 x 15 baking sheet pan. Include any leaves that have come loose when cutting sprouts. (they get crispy during roasting) Add the pancetta, olive oil, salt, and pepper according to taste. Toss everything gently to be sure all is coated with the olive oil, then spread out in a single layer. Place pan in preheated oven and roast 20 to 30 minutes, until sprouts are tender and nicely browned and the pancetta is cooked. Toss once during roasting. Remove from the oven, drizzle immediately with the balsamic vinegar, and toss again. Taste for seasonings, and serve hot.

(** To thicken regular balsamic vinegar place in sauce pan over low to medium heat and simmer. As it reduces it thickens.)

