

Roasted Brussel Sprouts

Directions:

To roast the brussel sprouts, preheat oven to 400° F. Prepare two baking sheets lined with parchment paper. Transfer the brussel sprouts to the baking sheets and sprinkle the thyme, salt and pepper, and drizzle with olive oil. Toss to coat. Spread them in a single layer without crowding. Bake for 25-30 minutes. Check them at 25 minutes to make sure the single leaves don't burn. Meanwhile, prepare glaze.

In a small skillet set on medium-high heat, add coconut oil when hot. When it begins to smoke add in the bacon. Let it sit a minute to sear, then toss. Add shallots, stir to combine and cook until softened. Then add maple syrup and brown sugar, reduce to medium heat, and stir just to combine. Let it sit for 5-8 minutes, with 1 or 2 stirs. Then when the bubbles become the size of dimes, stir until your spoon has a thin coating of syrup. Add rosemary, then remove from heat and set aside.

Transfer roasted brussel sprouts into a serving dish. Toss in pecans, then add the pancetta and all its glaze. Toss to coat and serve. Enjoy!