

Maple-Dijon Brussels Sprouts with Country Ham

Serves 4

Maple syrup might seem an odd pairing with Brussels sprouts, but it works. Combined with the country ham it makes for a side dish with the ideal balance of sweet and salty pulled together with a little Dijon mustard. Yum!

1 lb Brussels sprouts, trimmed and halved lengthwise
1 tablespoon melted unsalted butter
1 tablespoon maple syrup
1/2 tablespoon olive oil
2 teaspoons Dijon mustard
1/4 cup thinly sliced, 1-inch pieces of country ham
Kosher salt, to taste
Freshly ground black pepper, to taste
Cooking spray

Preheat oven to 425 degrees. Lightly spray a baking sheet with cooking spray.

In a small bowl, whisk together the melted butter, maple syrup, olive oil, and Dijon mustard.

Combine the halved Brussels sprouts and country ham in a large bowl. Pour the butter-maple mixture over the ingredients and toss to coat. Season with salt and freshly ground black pepper. Sprinkle salt with a light hand as country ham is salty.

Dump the brussels sprouts onto the baking sheet and spread them out for even cooking. Roast for 20 minutes or until golden brown and crisp-tender. Serve immediately.

This recipe came from Minced blog (www.mincedblog.com).