

Brussels Sprouts with a Balsamic Drizzle



Plan Z Phase: This is a Z2 (ZReduction) recipe.

Servings: Serves 3 – 4

Ingredients:

- 1 pound of Brussels sprouts, trimmed and outer leaves removed
- olive oil spray
- sea salt and pepper to taste
- $\frac{1}{2}$ cup of balsamic vinegar
- whisper of cayenne (optional)

Instructions:

Heat oven to 375 degrees.

Cut the Brussels sprouts lengthwise into halves or quarters (depending on how large they are). I always do mine quartered because I want more browned edges.

Spray a cookie sheet with the olive oil spray. Put on the Brussels sprouts and lightly spray them. Grate on sea salt,

pepper and if you want, the cayenne.

Roast the Brussels sprouts for about 25 minutes. I stir them at the half way point so more browning takes place. Cook until they are a color you find appealing. Like I said, I like mine almost crispy.

In a small sauce pan pour in the vinegar. Reduce it on medium-high (low bubble) until it reduces by half. Balsamic vinegar becomes thick and sweeter as it boils down. Keep an eye on it or you can boil it down to nothing in an instant.

Let that liquid sit until the Brussels sprouts come out of the oven. When they do, drizzle on the balsamic reduction. Toss and serve.

Enjoy!

Cheers,