



Maple Leather Company & GreatBags® presents...

Selections from our “Mucho Easy” Recipe Collection

Oven Roasted Brussels Sprouts

This week we share with you a tasty and easy way to make Brussels Sprouts. It is kind of a good news, bad news recipe story.

This summer I started brussels sprouts plants from seed in our garden and was dreaming about my own tall towers of baby cabbages on stalks, but the ground hog and chipmunk families that invaded my garden have had other ideas. (that is the bad news, there is nothing left but scraps of stalks).

The good news is that you can find them now in farmers markets or the grocery store and they taste terrific this way even if you did not grow them yourself.

Ingredients:

2 pounds of brussels sprouts, washed and trimmed and cut into quarters

extra virgin olive oil

1 red onion, sliced thin in long slivers

salt and pepper to taste

1/4 cup balsamic vinegar approximately

capers (optional)

serves 2-4 people

Process:

Preheat oven to 400 degrees and line a baking sheet with parchment paper. Spread the sprouts on the sheet and drizzle with olive oil, salt, and pepper. Bake for 12 minutes.

Stir them up and add the red onion slivers (don't be tempted to use white onion, the purple is just too pretty!) Bake for another 12 minutes. Stir and toss them a bit, and drizzle with the balsamic vinegar. Bake for another 4 minutes. Check seasoning and add more salt and pepper if necessary. Seymour likes to add capers for a little extra flavor.

For more “Mucho Easy” recipes, visit www.mapleleather.com/recipes