

# Glazed Brussels Sprouts with Toasted Pecans

From – *Southern Heat: New Southern Cooking Latin Style*, Anthony Lamas

2 tsp kosher salt  
3 ½ Tbsp unsalted butter, divided  
1 lb Brussels sprouts, trimmed and halved  
1 Tbsp canola oil  
½ cup chopped toasted pecans  
2-3 Tbsp sorghum, maple syrup, or honey

- Boil 2 quarts of water in a large saucepan.
- Add salt, 2 Tbsp butter, and Brussels sprouts, cook 3 minutes, drain, place in an ice bath, drain and pat dry.
- Heat oil in a large skillet over medium-high heat.
- Add sprouts cut side down in a single layer.
- Cook without stirring, 3-5 minutes or until bottoms are caramelized.
- Turn, add remaining 1 ½ Tbsp butter, cook 2-3 minutes or until caramelized.
- Stir in nuts and salt to taste.
- Remove from heat, drizzle with sweetener of choice.



For more recipes visit us at  
[www.HealthyHarvestFarmCSA.com](http://www.HealthyHarvestFarmCSA.com)