



### In your box

- 1 tsp. Garlic Salt
- 1 oz. Shredded Parmesan Cheese
- 2 tsp. Garlic Pepper
- 1 Red Onion
- 1 fl. oz. Pure Maple Syrup
- 20 oz. Brussels Sprouts
- 2 oz. Crumbled Bacon

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

### You will need

- Olive Oil, Salt
- Large Oven-Safe Non-Stick Pan

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.



# Brussels Sprouts with Caramelized Onions and Maple Bacon Glaze

serves 6

NUTRITION per serving—Calories: 143, Carbohydrates: 13g, Sugar: 6g, Fiber: 3g, Protein: 8g, Sodium: 676mg, Fat: 8g, Saturated Fat: 2g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**30-40 min.**

Cook Within

**5 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Ingredient(s) used more than once: **garlic salt**



### 1. Cook the Onion

- Halve and peel **onion**. Cut halves into ¼" dice.
- Place a large oven-safe non-stick pan over medium-low heat.
- Add 1 Tbsp. **olive oil**, onion, and half the **garlic salt** (reserve remaining for Brussels sprouts) to hot pan. Stir occasionally until lightly browned, 15-20 minutes.
- *If pan becomes dry, add water, 1 Tbsp. at a time and up to 3 Tbsp., as needed.*
- While onion cooks, prepare Brussels sprouts.



### 2. Prepare the Brussels Sprouts

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).



### 3. Cook Brussels Sprouts and Finish Dish

- Increase heat to medium-high. Add **Brussels sprouts** and **bacon** to hot pan and stir occasionally until bright green, 7-9 minutes.
- Stir in remaining **garlic salt**, **garlic pepper**, and ¼ tsp. **salt**.
- Transfer pan to hot oven and roast until Brussels sprouts are fork-tender and lightly charred, 8-10 minutes.
- Serve family-style, garnishing with **maple syrup** and **cheese**. Bon appétit!