

Brussels Sprouts



Brussels sprouts recipes have changed dramatically in recent years. They've become a popular veggie these days as we've learned that caramelizing them helps extinguish their naturally bitter taste. And, Fiery Sweet Mesquite honey adds a delicious finishing touch.

Ingredients

1 1/2 pounds Brussels sprouts
3 tablespoons extra virgin olive oil
1/2 teaspoon cracked pepper
3-5 tablespoons Fiery Sweet Mesquite honey

Instructions

Heat oven to 400°. Using an oven-safe casserole dish, coat Brussels with extra virgin olive oil. Sprinkle with cracked pepper and stir gently.

Roast in oven for 40 minutes, stirring every 5-7 minutes. If you prefer more caramelization, continue to roast a bit longer.

Remove casserole dish from oven. Place Brussels in serving dish and then drizzle with Lone Star Bee Company's Fiery Sweet Mesquite honey. Stir gently to coat Brussels evenly. If more flavor is desired, add more honey to your liking.

Makes six servings.

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