

Starters, Sides, and Complements

Brussels Sprouts with Caramelized Onions Balsamic Reduction

**Vegetarian, Gluten-Free*

A balsamic reduction is so easy to make and takes dishes to another level. Jazz up your Brussels sprouts with this easy to prepare recipe.

You'll Need

- 1 pound Brussels sprouts, cut up into quarters if larger, or halves if smaller
- 2 tablespoons butter
- ½ one large yellow onion, chopped
- 1/4 cup balsamic vinegar
- 1 teaspoon honey (optional)
- Salt

Directions

- In a small saucepan bring balsamic vinegar to a boil and then simmer until reduced to half the starting amount. Once reduced to half you can mix in one teaspoon of honey if you would like.
- Sauté onion in one tablespoon of butter on medium heat until soft. Lower heat and let onion caramelize, stirring occasionally.
- Once onions are almost done, steam Brussels sprouts for 5 minutes to soften them a bit and then drain them and place them in pan with onion. Add the other tablespoon of butter and sauté until Brussels sprouts are at a consistency you would like.
- Season with salt.
- Remove from pan and place in serving dish and drizzle and mix with the balsamic vinegar reduction.



Play with Your Food

- Add some toasted pecans, walnuts or pine nuts to this dish.

Medwell Kitchen Tested