



Kitchen Cheat Sheet: Maple Glazed Brussels Sprouts

RESTLESSCHIPOTLE.COM | SOUTHERN COMFORT FOOD

.....

Tips and Time Savers

- Arrange your Brussels sprouts in a single, even layer with the flat, cut sides down to ensure perfectly crispy sprouts. You need to use a large baking sheet so your sprouts have enough space to get crisp.
- Use thick-cut bacon because thin slices cook faster. You want crispy bacon, not burnt bacon!
- Line your baking sheet with aluminum foil crimped around the edges of the pan rather than a sheet of parchment paper. Aluminum foil creates a sealed layer between the pan and the bacon grease so it doesn't burn.
- To prepare your Brussels sprouts for roasting, peel off the outer leaves (and any that are yellow), trim off the tough base, and slice each sprout in half lengthwise.
- Choose small Brussels sprouts. Not only will they cook more quickly but they will have a sweeter flavor and lack the bitterness that the bigger Brussels sprouts often have.

Storage

- Allow leftover Brussels sprouts to cool to room temperature. Refrigerate them in an airtight container for up to 3-4 days.
- You can freeze leftovers for up to 6 months in an airtight container.
- Make your sprouts and bacon crispy again in the oven or air fryer. Bake at 350 degrees F for about five or so minutes until heated through.
- You can also microwave them for about a minute, which is great in a pinch. However, microwaved Brussels sprouts do get a little soggy.

Variations

1. Swap out regular bacon for thick-cut turkey bacon if you want a low-fat option. It's not as indulgent, though!
2. Roast minced garlic cloves and sliced red onions alongside the Brussels sprouts and bacon for more savory flavor.
3. Sprinkle a handful of pine nuts, chopped pecans, or crumbled walnuts on top for a little extra crunch.

FAQs

Can I use frozen Brussels sprouts?

No, I don't recommend it. Fresh Brussels sprouts are best for this Brussels sprouts and bacon recipe. When I've tried to use frozen they just get mushy and never caramelize.

Do I have to use maple syrup?

Nope, but that sweet maple magic really ties everything together. Honey or brown sugar will work in a pinch, but they won't have quite the same depth.

Can I make roasted Brussels sprouts and bacon in the air fryer?

Absolutely! Follow the recipe and preheat your air fryer to 400 F. You may need to cook your bacon Brussels sprouts in batches, depending on the size of the fryer basket.

Overlapping sprouts won't get crispy.

Can I make these ahead of time?

You sure can. Roast them earlier in the day, then reheat in a 400°F oven for about 5 minutes to crisp everything back up. Perfect for when the turkey's hogging all the oven space.

Can I use turkey bacon instead of regular?

Yes, if you must behave yourself. Just know it won't give you that same smoky richness.

Why didn't my Brussels sprouts get crispy?

They were probably too crowded on the pan, still damp from washing, or not cut-side down. Give them room to breathe and roast on a hot pan—they'll crisp right up.

Can I add nuts or cheese?

Oh, absolutely. Toasted pecans or a sprinkle of Parmesan are downright showy moves.

Nice to have

As an Amazon Associate, I earn commission from qualifying purchases.

If you're still roasting on those flimsy grocery-store pans, it's time for an upgrade. The Nordic Ware Naturals Half Sheet Pans are the real deal—USA-made aluminum that heats evenly, won't warp, and lasts longer than most kitchen trends. I use them for everything from cookies to roasted veggies, and they clean up like a dream. Get the 2-pack—trust me, one pan is never enough once you start cooking like you mean it. [Get them here](https://www.restlesschipotle.com/roasted-brussels-sprouts/)