

Maple Bacon Brussels Sprouts

They're sweet, smoky, *and* savory.

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YIELDS:

6 - 8 serving(s)

PREP TIME:

10 mins

TOTAL TIME:

35 mins

Ingredients

8 slices thick-cut bacon, chopped

2 lb. Brussels sprouts

1 tsp. kosher salt

1/8 tsp. ground cayenne pepper,
plus more to taste

1/2 c. dried, unsweetened
cranberries

1/4 c. apple juice

1/4 c. maple syrup

[See Nutritional
Information](#)



Directions

- 1 | In a large cast-iron skillet, cook the bacon over medium-high until crisp, 6 to 8 minutes. Using a slotted spoon, remove the bacon from the skillet and drain on a paper towel-lined plate.
- 2 | Add the Brussels sprouts to the skillet, stirring well to coat with the bacon grease. Reduce the heat to medium and cook, without stirring, until the sprouts start to brown and caramelize, about 6 minutes. Stir in the salt and cayenne, and continue to cook until the Brussels sprouts are just tender, 6 to 8 minutes more.
- 3 | Stir in the cranberries, apple juice, and maple syrup. Cook for 3 minutes, stirring to coat the Brussels sprouts. Add the cooked bacon and stir to combine. Serve immediately.