Crispy Brussels Sprouts
yield: 3-4 servings

Ingredients:

1 lb Brussels sprouts
3 TBSP Olive oil, divided
1/4 tsp Kosher salt
2 each Garlic cloves, thinly sliced
1/4 cup Balsamic vinegar
1 tsp Fresh lime juice
1/2 tsp Soy sauce

Instructions:

1. Wash, trim, and halve brussels sprouts (cut any large ones in quarters. Pat dry with a paper towel.
2. Add to a large bowl, toss with 1 TBSP of the olive oil and the salt.
3. Turn your air fryer to 400°F, add a brussels sprouts in a single layer to the basket, fry for 15 minutes shaking halfway through. Repeat in batches.
4. Add garlic slices on top of the brussels and return to the air fryer until garlic is golden brown, about 2 minutes.
5. In a small saucepan, bring balsamic vinegar to a simmer. Simmer gently until thickened, remove from heat and whisk in 2 TBSP olive oil, lime juice, and soy sauce.
6. Place brussels sprouts on a serving plate and drizzle with balsamic, garnish with a squeeze of lime.

*You can do this in the oven too! Cook at 425F and go a little bit longer, for about 20 minutes.

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