



Crunchy Brussels Sprouts Bowl

Trendy city! Fried Brussels sprouts with sweet caramelized red onion, crunchy bacon bits and creamy peanut butter sauce.

Servings: 2, each serving feeds 4-5 people (shareable appetizer)

Ingredients

Brussels Sprout Bowl:

6 cups brussels sprouts, quartered
1 cup caramelized onions
1 cup bacon bits, house made
4 ounces (4 pumps) Jif® Creamy Peanut Butter Sauce

Sweet and sour onions:

2 1/2 cups red onions, thinly sliced
1 tablespoon olive oil
1 tablespoon brown sugar
2 fluid ounces balsamic vinegar
2 fluid ounces orange juice
1/4 teaspoon salt

Directions

1. Heat fryer to 375°F
2. To make the sweet and sour onions, add all of the onion ingredients in a medium/large sauté pan and cook at medium heat until most of the moisture from the onions has cooked out and they've reduced by half.
3. To make the brussels sprouts, fry the quartered sprouts in the hot oil until crispy, about 5-7 minutes.
4. Remove from fryer and season with salt and toss with the sweet and sour onions.
5. Serve in a bowl and drizzle peanut butter sauce on them and finish with a sprinkle of bacon bits.