

**Balsamic Glazed  
Air Fried Brussels Sprouts**

 **Ochsner** |  **St. Tammany**  
HEALTH SYSTEM

**ST. TAMMANY CANCER CENTER**  
A Campus of Ochsner Medical Center

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## Balsamic Glazed Air Fried Brussels Sprouts

### Ingredients

1 pound Brussels sprouts cleaned and halved  
2 Tbsp avocado oil  
½ tsp salt  
¼ tsp black pepper  
1 ½ Tbsp balsamic vinegar  
1 Tbsp maple syrup

### Directions

1. Rinse and dry Brussels sprouts. Remove the bruised and wilted outer leaves. Cut them in half and add to a large bowl.
2. Add oil, salt and pepper and toss the Brussels sprouts to coat with seasoning.
3. Mix balsamic vinegar and maple syrup together.
4. Preheat the air fryer at 375°F for 2 minutes. Spread the Brussels sprouts in the fryer basket in a single layer, without overcrowding them. Depending on the size of your air fryer, you may have to roast them in 2 batches. Air fry for 12-15 minutes, flipping them halfway through. When flipping add the balsamic and maple syrup mixture.

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