



## *Garden Fresh Farm Recipes*

# Air Fryer Brussel Sprouts with Bacon

We got a new Breville toaster oven that does a lot more than our previous model. One of the features that we are most impressed with is the air fryer mode. We like brussel sprouts and have a stovetop recipe in our RizzieFarms collection. This air fryer recipe brings out the nutty crispy flavor of the brussel sprout and may be one of RizzieFarms' new favorites.

### **Ingredients:**

20 large brussel sprouts cleaned, bottom removed, and cut in half  
1/4 lb bacon chopped  
1 medium onion cut into thin slices  
2 Tbsp balsamic vinegar  
1 Tbsp olive oil  
1/8 tsp ground black pepper  
1 pinch cayenne pepper



### **Directions:**

Preheat the air fryer at 375°F. We use a Breville oven on the Air Fryer mode and place rack on level 4.

In a bowl, mix together brussel sprouts, balsamic vinegar, olive oil, black pepper and cayenne pepper. Mix well.

Place the brussel sprouts in air fryer basket in a single layer. If there is any balsamic mixture left over you can save this to pour over before serving.

Air fry for 7 minutes, then remove the air fryer basket and mix the brussel sprouts gently.

Air fry 5 more minutes until brussel sprouts are getting browned and crispy.

Cook bacon on stovetop, add onions partway through and cook until bacon is browned and onions are translucent.



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Add brussel sprouts to the bacon and onions, pour any remaining balsamic mixture from the bowl, mix well and then serve!