



# Bacon Onion Brussels Sprouts Holiday Roast

## The Little Cabbage That Could

Let's talk about Brussels sprouts. They look like tiny cabbages. My grandson used to call them "tree balls." I still laugh at that.

Many people think they taste bitter. But that's just because they need a good friend. Bacon is that friend. The salty fat makes the sprouts sweet and wonderful. This matters because it turns a "no" vegetable into a "yes, please!" dish.

## A Sizzling Start

We start very hot. Heat your oven to 475 degrees. This high heat is our

secret. It makes everything crispy.

Toss your halved sprouts with a little oil. Then, give the onion and bacon their own spot on the pan. They go in first. Soon, your kitchen will smell like a happy breakfast. Doesn't that smell amazing?

## **The Big Flip**

After about 8 minutes, the bacon is happy. The onion is soft. Now, take the pan out. This part is fun. Stir everything together right on the hot pan.

Here is the key step. Flip each little sprout so its cut side is down. Nestle them in. This gives them a beautiful brown crust. It makes them taste nutty and sweet, not bitter. This little act of care matters so much for flavor.

## **Patience for Perfection**

Back in the oven they go. Now we wait. It takes about 15 more minutes. I use this time to wipe the counter. Or just enjoy the smell.

You will know they are done. The sprouts will be dark golden. The bacon will be crisp. The onions will be like sweet, brown ribbons. \*Fun fact: Brussels sprouts grow on a long, thick stalk! They look like little ornaments.\*

## **Your Turn at the Table**

Sprinkle with salt and pepper. Then pile it all on a platter. The colors are just beautiful. It looks like a holiday on a plate.

This dish changed my mind about sprouts. It might change yours too.

What vegetable did you learn to love after trying it a new way? Tell me your story. I would love to know.

## Making Memories

I first made this for a family supper years ago. My niece said, “I can’t believe I like these!” It made my heart smile. Food is about making good memories.

This recipe is simple. But it feels special. It turns everyday ingredients into celebration food. Do you have a “fancy” dish that is actually easy to make? Share it with me! Would you serve this for a holiday dinner or a regular Tuesday? Let’s chat.

See also [Golden Cornbread and Sausage Holiday Dressing](#)

## Ingredients:

Ingredient	Amount	Notes
Brussels sprouts	1 ½ pounds	trimmed and halved
Olive oil	2 tablespoons	
Onion	1	halved and sliced ¼ inch thick
Thick-cut bacon	3 slices	cut into ¼-inch pieces
Salt	¼ teaspoon	
Pepper	¼ teaspoon	



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# My Holiday Sprouts with a Bacon Surprise

Hello, my dear. Come sit at the counter. I want to tell you about my favorite holiday side dish. It turns sprouts into something magical. The secret is bacon and a very hot oven.

My grandson used to hide his sprouts under his napkin. I saw him do it. I still laugh at that. Then I made this recipe one chilly evening. The smell of bacon and roasting onions filled the house. He came into the kitchen, curious. He ate two helpings. Now he asks for it.

Let's make it together. It's easier than pie. Here is what you do, step by step.

**Step 1:** First, get your oven very hot. Move the rack to the bottom spot. Heat it to 475 degrees. Grab a big baking sheet and spray it lightly. Toss your halved sprouts with one spoon of oil in a big bowl. In a small bowl, mix your sliced onion with the other spoon of oil. Now, lay the onion on one half of the sheet. Lay the bacon pieces on the other half. Slide it into the hot oven for about 8 minutes. (A hard-learned tip: Don't crowd the bacon. Give the pieces space to crisp up nicely.) **Step 2:** Carefully take the sheet out. The bacon will be getting golden. The onion will be soft. This smells amazing, doesn't it? Let it cool for just a minute on a wire rack. Now, dump your waiting sprouts right onto the sheet. Gently stir everything together. Try to flip each sprout so its cut side is flat down on the pan. This gives you those lovely browned edges. **Step 3:** Nestle everything back into the hot oven. Roast for about 15 more minutes. You want the sprouts to be dark and sweet. The bacon should be perfectly crispy. **What do you think makes the sprouts turn sweet and golden? Share below!** Pull the pan out. Sprinkle everything with a little salt and pepper. Scoop it all onto a pretty

platter. It's ready to make any dinner special. **Cook Time:** 25-30 minutes

**Total Time:** 35-40 minutes

**Yield:** 4-6 servings

**Category:** Holiday, Side Dish

## Three Fun Twists to Try

This recipe is like a good friend. It's happy to change its clothes for the party. Here are three ways to dress it up.

See also Spicy Tuna Holiday Salad

**The Sweet & Nutty Twist:** Toss in a handful of chopped pecans with the sprouts. Drizzle a little maple syrup at the end.

**The Zesty Lemon Twist:** Skip the bacon. Use a extra spoon of oil. Add the zest of one lemon right after roasting.

**The Everything Spicy Twist:** Add a big pinch of crushed red pepper flakes with the salt. It gives a lovely warm kick.

**Which one would you try first? Comment below!**

## Serving It Up Just Right

This dish shines on your holiday table. I love to serve it in my old blue ceramic bowl. It looks so cozy there. For a full meal, pair it with a simple roast chicken or a glazed ham. Some creamy mashed potatoes on the side are perfect. They love to catch the little bits of bacon and onion.

What to drink? For the grown-ups, a glass of dry cider is lovely. It cuts through the richness. For everyone, a sparkling apple juice with a

cinnamon stick feels festive. It's like drinking the holidays. **Which would you choose tonight?**



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## Keeping Your Holiday Sprouts Happy

Let's talk about saving these tasty sprouts. They keep well in the fridge for three days. Just pop them in a sealed container. You can reheat them right in a pan over medium heat.

This wakes up the bacon's flavor again. I once froze a batch for a busy week. It worked, but the sprouts were a bit softer. I suggest enjoying them fresh if you can.

Batch cooking this dish is a smart move. It saves you time during the busy holidays. This matters because it lets you enjoy your own party. Have you ever tried storing it this way? Share below!

## Simple Fixes for Common Sprout Troubles

Sometimes our cooking needs a little help. First, if your bacon isn't crispy, your pieces might be too big. Cut them small so they cook fast and get crunchy. I remember when my bacon was chewy. Now I cut it small every time.

Second, if your sprouts are soft, your oven might be too cool. A hot oven is the secret for browning. This matters because browning gives us that wonderful, sweet flavor. Third, if things are burning, your pan might be too crowded.

Give everything some space to breathe. Crowding steams the food instead of roasting it. Getting this right builds your cooking confidence. Which of these problems have you run into before?

See also Yuletide Braised Oxtail Feast

## Your Quick Sprout Questions, Answered

**Q: Is this recipe gluten-free?** A: Yes, it is naturally gluten-free. Just check your bacon label to be sure.

**Q: Can I make it ahead?** A: You can prep the onions, bacon, and sprouts ahead. Keep them separate in bowls until roasting.

**Q: What if I don't have thick-cut bacon?** A: Regular bacon works fine. Just watch it closely, as it cooks faster.

**Q: Can I double the recipe?** A: Yes, but use two baking sheets. Do not crowd everything onto one.

**Q: Any fun extra tips?** A: A tiny drizzle of maple syrup at the end is delicious. \*Fun fact: Brussels sprouts grow on a long, thick stalk!\* Which tip will you try first?

## From My Kitchen to Yours

I hope you love making this dish. It brings such a warm, savory smell to the kitchen. I would love to see your creation. Sharing food stories connects us all.

Have you tried this recipe? Tag us on Pinterest! You can find me at @ElowensKitchenNook. I can't wait to see your holiday table. Happy cooking!

—Elowen Thorn.



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# **Bacon Onion Brussels Sprouts Holiday Roast**

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Cooking Method:[Roasting](#)



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Cuisine:[American](#)



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Courses:[Side](#)



## Bacon Onion Brussels Sprouts Holiday Roast | 18

Difficulty: **Beginner**

Prep time: **15 minutes**



## Bacon Onion Brussels Sprouts Holiday Roast | 20

Cook time: **26 minutes**



## Bacon Onion Brussels Sprouts Holiday Roast | 21

Rest time:



## Bacon Onion Brussels Sprouts Holiday Roast | 22

Total time: **41 minutes**



## Bacon Onion Brussels Sprouts Holiday Roast | 23

Servings: **4 servings**



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Calories: **200 kcal**



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Best Season:**Summer**

## **Description**

Roasted Brussels Sprouts with Bacon and Onion

## Ingredients

- 1 1/2 pounds Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- 1 onion, halved and sliced 1/4 inch thick
- 3 slices thick-cut bacon, cut into 1/4-inch pieces
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## Instructions

1. Adjust oven rack to lowest position and heat oven to 475 degrees. Spray rimmed baking sheet with vegetable oil spray. Toss sprouts and 1 tablespoon oil together in large bowl and set aside. Toss onion and remaining 1 tablespoon oil together in small bowl. Arrange onion in even layer on half of prepared sheet. Arrange bacon in even layer on other half of sheet. Cook until bacon begins to brown and onion begins to soften, 7 to 9 minutes.
2. Remove sheet from oven and transfer to wire rack. Add sprouts to sheet and stir to combine bacon, onion, and sprouts. Flip sprouts cut side down and nestle into sheet. Return sheet to oven and continue to cook until sprouts are deep golden brown and bacon is crispy, 15 to 17 minutes longer. Sprinkle with salt and pepper. Transfer to platter and serve.

Keywords: Brussels Sprouts, Bacon, Onion, Holiday, Roast, Side Dish