Glazed Brussels Sprouts with Toasted Pecans
From – *Southern Heat: New Southern Cooking Latin Style, Anthony Lamas*

2 tsp kosher salt
3 ½ Tbsp unsalted butter, divided
1 lb Brussels sprouts, trimmed and halved
1 Tbsp canola oil
½ cup chopped toasted pecans
2-3 Tbsp sorghum, maple syrup, or honey

- Boil 2 quarts of water in a large saucepan.
- Add salt, 2 Tbsp butter, and Brussels sprouts, cook 3 minutes, drain, place in an ice bath, drain and pat dry.
- Heat oil in a large skillet over medium-high heat.
- Add sprouts cut side down in a single layer.
- Cook without stirring, 3-5 minutes or until bottoms are caramelized.
- Turn, add remaining 1 ½ Tbsp butter, cook 2-3 minutes or until caramelized.
- Stir in nuts and salt to taste.
- Remove from heat, drizzle with sweetener of choice.