

Crispy Brussels Sprouts with Bacon and Blue Cheese - A Flavor-Packed Side!

Crispy Brussels Sprouts with Bacon and Blue Cheese - A Bold, Savory Side



OVEN
400°F

TIME
15 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1/2 pound Brussels sprouts, trimmed and halved
2 tablespoons avocado oil
1/3 cup blue cheese crumbles
2 slices bacon, cooked and chopped
Salt and pepper, to taste

DIRECTIONS

1. Roast the Brussels Sprouts: Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Toss halved : Brussels sprouts with avocado oil, salt, and pepper.
3. Arrange them cut-side down for optimal caramelization.
4. Roast for 12-15 minutes until edges start to brown.
5. Prep the Bacon: While sprouts roast, cook bacon until crispy.
6. Chop into small pieces and set aside.
7. Assemble and Bake Again: Flip the roasted sprouts so the cut sides face up.
8. Top each with 1/2 to 1 teaspoon of blue cheese, then add a piece of bacon.
9. Secure with a toothpick to help them stand upright.
10. Final Roast: Return to the oven for another 10-15 minutes, until cheese is melty and bacon crisps up.
11. Cool and Serve: Let them cool for a few minutes, then serve warm on a platter or as individual bites.

SWAPS & NOTES

and Swaps Avocado oil : High smoke point, but olive oil works just as well.

Blue cheese : Gorgonzola or goat cheese can be swapped for a milder option.

Bacon : Turkey bacon or pancetta are great alternatives.

Make it vegetarian : Skip the bacon and try crispy shallots or toasted pecans.

TIPS FOR SUCCESS

Don't crowd the pan -give sprouts room to crisp.

Secure the toppings with toothpicks if serving as appetizers.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-brussels-sprouts-with-bacon-and-blue-cheese-a-flavor-packed-side/>