



When it comes to whipping up a side dish that's packed with flavor, texture, and versatility, **air fryer Brussel sprouts with bacon** takes center stage. Whether you're hosting a dinner party, preparing a weeknight meal, or indulging in comfort food, this dish is a surefire crowd-pleaser. With a crispy exterior, caramelized sprouts, and smoky, savory bites of bacon, the possibilities for customization are endless.

This comprehensive guide explores everything you need to know about making these crispy, smoky morsels using your air fryer, from sweet and savory variations to creative pairings like [balsamic and Parmesan](#). Plus, you'll get tips, tricks, and insights to perfect your recipe every single time.

## What Makes Air Fryer Brussel Sprouts with Bacon a Crowd-Pleasing Dish

Brussel sprouts often get a bad rap, but when cooked correctly, they transform into a delectable dish that can win over even the pickiest eaters. Pairing Brussel sprouts with bacon adds a smoky, crunchy contrast that complements the earthiness of the sprouts. The air fryer further enhances the dish by delivering perfectly crispy results without needing excessive oil.

- **Crispy Texture:** The air fryer achieves golden, crispy sprouts that rival restaurant-quality dishes.
- **Smoky Flavor:** Bacon infuses the sprouts with salty and smoky notes during cooking.
- **Quick and Easy to Make:** This dish is ready in under 20 minutes, making it perfect for busy lifestyles.

Now that we know why this dish is so popular, let's jump into how to make it in your air fryer.

## How to Prepare Costco Brussel Sprouts with Bacon in an Air Fryer

### Ingredients:

- 1 bag of Costco Brussel sprouts



- 4 slices of bacon, cut into small pieces
- Salt and pepper to taste

### **Instructions:**

1. Preheat your air fryer to 400°F (200°C).
2. Wash the Brussel sprouts thoroughly and trim off the outer leaves. Cut any large sprouts in half.
3. In a large bowl, toss the Brussel sprouts with the bacon pieces, ensuring they are evenly coated.
4. Season with salt and pepper to taste.
5. Place the Brussel sprouts and bacon mixture into the air fryer basket, spreading them out in a single layer.
6. Cook for 12-15 minutes, shaking the basket halfway through to ensure even cooking. Check for desired crispiness.
7. Once cooked, remove the Brussel sprouts from the air fryer and let them cool for a few minutes before serving.
8. Transfer the Brussel sprouts to a serving dish and serve hot as a delicious side dish or snack.

Enjoy the crispy and savory combination of Costco Brussel sprouts with bacon prepared in your air fryer. It's a fantastic dish that's simple to make and packed with flavor!

## **Air Fryer Brussel Sprouts with Bacon and Balsamic: A Flavorful Twist**

Add depth to your recipe by incorporating balsamic vinegar. The tangy and slightly sweet flavor balances the rich, smoky bacon beautifully.

### **How to Make It:**

1. Follow your base recipe as above.
2. During the last 2 minutes of air frying, drizzle 1-2 tbsp of balsamic vinegar over the sprouts.
3. Toss gently and serve immediately.

The balsamic glaze creates a caramelized finish that's irresistible.



## Sweet and Savory Air Fryer Brussel Sprouts with Bacon and Maple Syrup

Elevate your air fryer Brussel sprouts with a delightful combination of sweet and savory flavors. The addition of maple syrup brings a touch of natural sweetness that complements the smoky bacon perfectly.

### How to Make It:

1. Start with your base recipe of air fryer Brussel sprouts with bacon.
2. During the last 2 minutes of cooking, drizzle 1-2 tablespoons of maple syrup over the sprouts.
3. Toss gently to coat the sprouts evenly.
4. Continue air frying for the remaining time until the sprouts are crispy and caramelized.

The maple syrup creates a beautiful glaze, adding a hint of sweetness to balance the savory bacon. Enjoy this irresistible combination of flavors in every bite!

Try these other variations for your air fryer Brussel sprouts:

- **Spicy Cajun:** Add a kick to your sprouts with a sprinkle of Cajun seasoning before air frying.
- **Honey Mustard:** Toss the sprouts with a mixture of honey and Dijon mustard for a tangy and sweet twist.
- **Parmesan Garlic:** Sprinkle grated Parmesan cheese and minced garlic over the sprouts before air frying for a cheesy and aromatic flavor.

Explore these delicious options to customize your air fryer Brussel sprouts and discover your favorite flavor combination!

## Air Fryer Brussels Sprouts with Bacon and Garlic: A Perfect Pairing

**Recipe:**



1. Preheat your air fryer to 400°F (200°C).
2. Trim and halve Brussels sprouts, and chop bacon into small pieces.
3. In a mixing bowl, toss Brussels sprouts and bacon with minced garlic, salt, and pepper to taste.
4. Place the Brussels sprouts and bacon mixture in the air fryer basket, making sure it's in a single layer for even cooking.
5. Air fry for 10-12 minutes, shaking the basket halfway through to ensure even cooking and crispiness.
6. Once the Brussels sprouts are golden brown and crispy, remove them from the air fryer.
7. Serve hot and enjoy the delightful combination of smoky bacon and garlic with perfectly crispy Brussels sprouts!

This recipe adds a savory twist to your air fryer Brussels sprouts, combining the smoky flavors of bacon with the aromatic notes of garlic. It's a delicious and satisfying pairing that will elevate your Brussels sprouts game to a whole new level of yum!

## Exploring the Indian-Style Seasoning for Brussels Sprouts in an Air Fryer

For a flavorful twist on your air fryer Brussels sprouts, try adding Indian-inspired spices to elevate the taste profile. The combination of aromatic spices will infuse the sprouts with a tantalizing burst of flavors. Here's how you can prepare Indian-style Brussels sprouts in an air fryer:

### Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/4 teaspoon red chili powder (adjust to taste)
- Salt to taste
- Fresh cilantro leaves, for garnish (optional)
- Lemon wedges, for serving (optional)



## Instructions:

1. Preheat your air fryer to 400°F (200°C) for a few minutes.
2. In a mixing bowl, combine the halved Brussels sprouts, olive oil, turmeric powder, cumin powder, coriander powder, red chili powder, and salt. Toss until the sprouts are evenly coated with the spices.
3. Place the seasoned Brussels sprouts in the air fryer basket in a single layer, ensuring they are not overcrowded.
4. Air fry the Brussels sprouts for approximately 12-15 minutes, shaking the basket halfway through the cooking process to promote even browning. The sprouts should be tender and slightly charred on the edges.
5. Once done, remove the air fryer basket and let the Brussels sprouts cool slightly. Garnish with fresh cilantro leaves, if desired.
6. Serve the Indian-style seasoned Brussels sprouts hot, alongside lemon wedges for a tangy kick of flavor.

Enjoy the delightful fusion of Indian spices with crispy Brussels sprouts for a unique and delicious culinary experience!

## How to Make Air Fryer Brussels Sprouts with Parmesan Cheese

### Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- 1/4 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Instructions:

1. Preheat your air fryer to 400°F (200°C) for 5 minutes.
2. In a large bowl, toss the Brussels sprouts with olive oil, Parmesan cheese, garlic powder, salt, and black pepper until well coated.
3. Place the Brussels sprouts in a single layer in the air fryer basket. You may need to cook them in batches, depending on the size of your air fryer.



4. Air fry the Brussels sprouts at 400°F (200°C) for 12-15 minutes, shaking the basket halfway through the cooking process to ensure even cooking.
5. Once done, remove the air fryer basket and let the Brussels sprouts cool slightly before serving.
6. Serve the deliciously crispy and cheesy Brussels sprouts as a side dish or snack. Enjoy!

Indulge in the irresistible combination of crispy Brussels sprouts with a delightful Parmesan cheese coating, made effortlessly in the air fryer for a quick and flavorful dish.

## Air Fryer Frozen Brussels Sprouts with Bacon: Tips and Tricks

Take your Brussels sprouts to the next level by adding a savory twist with crispy bacon. Cooking frozen Brussels sprouts in the air fryer is a convenient and delicious way to enjoy this nutritious vegetable. Here are some helpful tips and tricks to make the perfect air fryer frozen Brussels sprouts with bacon:

1. **Choose Quality Frozen Brussels Sprouts:** Look for high-quality frozen Brussels sprouts without any added sauces or seasonings. Opt for smaller-sized sprouts for quicker and more even cooking.
2. **Thaw the Brussels Sprouts:** It's best to thaw the frozen Brussels sprouts before cooking them in the air fryer. This helps to ensure even cooking and prevents any excess moisture.
3. **Precook the Bacon:** Cook the bacon separately until crispy before adding it to the Brussels sprouts. This allows you to control the texture of the bacon and prevents it from becoming soggy during the air frying process.
4. **Season with Herbs and Spices:** Toss the thawed Brussels sprouts with your favorite herbs and spices, such as garlic powder, onion powder, paprika, or rosemary, to enhance the flavor profile.
5. **Arrange Brussels Sprouts in a Single Layer:** Place the Brussels sprouts in the air fryer basket in a single layer, ensuring they have enough space to cook evenly. This allows for optimal air circulation, resulting in crispier sprouts.
6. **Add Cooked Bacon:** Sprinkle the cooked bacon over the Brussels sprouts in the air fryer basket. The bacon will infuse its delicious flavor into the sprouts as they cook.
7. **Adjust Cooking Time and Temperature:** Set the air fryer to 400°F (200°C) and cook the Brussels sprouts for 12-15 minutes, or until they are golden brown and crispy. Shake the basket halfway through the cooking process to ensure even cooking.
8. **Serve and Enjoy:** Once done, remove the air fryer basket and let the Brussels sprouts



cool slightly before serving. The combination of crispy Brussels sprouts and savory bacon makes for a delightful side dish or snack.

Give this recipe a try and savor the irresistible combination of crispy Brussels sprouts and savory bacon, made effortlessly in the air fryer. Enjoy a flavorful and nutritious dish in no time!

## The Health Benefits of Brussel Sprouts and Why the Air Fryer is Ideal

Brussel sprouts are not only delicious but also packed with essential nutrients, making them a nutritious addition to your meals. Here are some of the health benefits of Brussel sprouts:

1. **Rich in Vitamins and Minerals:** Brussel sprouts are a great source of vitamins C, K, and A. They also contain folate, potassium, and manganese, which are essential for maintaining overall health.
2. **High in Fiber:** Brussel sprouts are high in fiber, which aids in digestion, promotes satiety, and helps regulate blood sugar levels.
3. **Antioxidant Powerhouse:** These small green veggies contain powerful antioxidants that help protect against cell damage and reduce the risk of chronic diseases.
4. **Cancer-Fighting Properties:** Brussel sprouts belong to the cruciferous vegetable family, known for their cancer-fighting properties. They contain compounds that may help reduce the risk of certain types of cancer.

Now, when it comes to cooking Brussel sprouts, the air fryer is an ideal kitchen tool. Here's why:

- **Retains Nutritional Value:** Air frying allows you to cook Brussel sprouts quickly at high heat, minimizing nutrient loss and preserving their health benefits.
- **Crispiness without Excess Oil:** The air fryer provides a crispy texture to the Brussels sprouts using minimal oil, making it a healthier alternative to traditional frying methods.
- **Efficiency and Convenience:** Air fryers cook food faster than ovens, saving you time in the kitchen. They are also easy to use and require less cleanup.

By combining the health benefits of Brussel sprouts with the convenience and efficiency of the air fryer, you can enjoy a tasty and nutritious dish that adds flavor and variety to your meals.



## Step-by-Step Guide to Cooking Air Fryer Brussel Sprouts with Balsamic

### Pro Tips:

- Preheat your air fryer to ensure even cooking.
- Trim the ends of the Brussel sprouts and remove any yellow outer leaves for optimal taste.
- Shake the basket halfway through cooking for even browning.

### Ingredients:

- 1 lb Brussel sprouts
- 2 tbsp balsamic glaze
- 1 tbsp olive oil
- Salt and pepper to taste

### Instructions:

1. Preheat your air fryer to 400°F (200°C) for 5 minutes.
2. Rinse and dry the Brussel sprouts thoroughly. Trim off the ends and cut them in half.
3. In a bowl, toss the Brussel sprouts with olive oil, salt, and pepper until evenly coated.
4. Place the Brussel sprouts in the air fryer basket, making sure they are in a single layer without overcrowding.
5. Cook the Brussel sprouts in the air fryer for 12-15 minutes, shaking the basket halfway through, until they are tender and crispy.
6. Once cooked, transfer the Brussel sprouts to a serving dish and drizzle them with balsamic glaze.
7. Toss the Brussel sprouts gently to coat them evenly with the balsamic glaze.
8. Serve hot and enjoy the delicious and flavorful air fryer Brussel sprouts with balsamic.

Now you can savor the irresistible combination of crispy Brussel sprouts with the tangy sweetness of balsamic glaze, all achieved effortlessly in your air fryer.

## The Secret to Crispy Air Fryer Brussel Sprouts with





## Bacon Every Time

Achieving perfectly crispy and flavorful air fryer Brussel sprouts with bacon is easier than you might think. Follow these tips to ensure success:

- **Choose Fresh Brussel Sprouts:** Opt for firm and vibrant Brussel sprouts for the best texture and flavor.
- **Precook the Bacon:** Partially cook the bacon before adding it to the air fryer. This helps render the fat and ensures it becomes crispy without overcooking the Brussel sprouts.
- **Toss Brussel Sprouts in Oil:** Coat the Brussel sprouts evenly with oil to help them crisp up and prevent them from drying out.
- **Shake the Basket:** Shake the air fryer basket halfway through cooking to ensure even browning and crispiness.
- **Season with Maple Syrup:** The touch of maple syrup adds a delightful sweetness to complement the savory bacon. Drizzle it over the Brussel sprouts before cooking for a delicious flavor combination.
- **Adjust Cooking Time:** Depending on the size and thickness of the Brussel sprouts, you may need to adjust the cooking time slightly. Keep an eye on them and cook until they are tender and golden brown.

By following these simple steps, you'll be able to achieve crispy, flavorful, and irresistible air fryer Brussel sprouts with bacon every time!

## Easy Recipe for Air Fryer Brussel Sprouts with Bacon and Maple Syrup

### Ingredients:

- 1 pound Brussel sprouts, trimmed and halved
- 4 slices thick-cut bacon, chopped
- 2 tablespoons maple syrup
- Salt and pepper to taste

### Instructions:

1. Preheat your air fryer to 400°F (200°C).
2. In a bowl, toss the Brussel sprouts with bacon, maple syrup, salt, and pepper until well



coated.

3. Place the Brussel sprouts in a single layer in the air fryer basket.
4. Cook for 12-15 minutes, shaking the basket halfway through to ensure even cooking.
5. Check for desired crispness and tenderness. If needed, cook for an additional 2-3 minutes.
6. Remove from the air fryer and let cool for a few minutes before serving.
7. Serve the air fryer Brussel sprouts with bacon and maple syrup as a delicious side dish or appetizer. Enjoy!

Note: Cooking times may vary depending on the size and model of your air fryer. Adjust cooking time as needed to achieve your desired level of crispiness and tenderness.

## How to Choose the Best Bacon for Your Air Fryer Brussel Sprouts Recipe:

When selecting the perfect bacon for your air fryer Brussel sprouts, consider the following steps:

1. **Consider the Thickness:** Opt for thick-cut bacon, which will hold up better during the cooking process and provide a satisfying texture in each bite.
2. **Choose the Right Flavor:** Decide between smoked or unsmoked bacon based on your personal preference. Smoked bacon imparts a rich, smoky flavor, while unsmoked bacon offers a more subtle taste.
3. **Look for Quality:** Select high-quality bacon that is free from additives and artificial preservatives. It's worth investing in bacon from trusted sources for a superior taste and texture.
4. **Check for Lean-to-Fat Ratio:** Consider the balance between lean meat and fat in the bacon. A good ratio will provide a balance of flavor and juiciness without being overly greasy.
5. **Consider Cooking Preferences:** If you prefer your bacon to be crisp, choose bacon slices with less fat. For those who enjoy a slightly chewier texture, opt for bacon with slightly more fat.

By carefully choosing the right bacon for your air fryer Brussel sprouts recipe, you can enhance the overall flavor and texture, creating a delectable side dish that will leave everyone craving for more.



## Storing and Reheating Air Fryer Brussel Sprouts with Bacon for Later

If you have leftovers or want to prepare the dish in advance, here are some simple steps to store and reheat your air fryer Brussel sprouts with bacon:

1. **Cooling and Storage:** Allow the cooked Brussel sprouts with bacon to cool completely. Transfer them to an airtight container or sealable bag. Store in the refrigerator for up to 3-4 days.
2. **Reheating in the Air Fryer:** To regain the crispy texture, preheat your air fryer to 400°F (200°C). Place the Brussel sprouts with bacon in a single layer in the air fryer basket. Cook for about 5-8 minutes, or until they are heated through and crispy.
3. **Reheating in the Oven:** If you don't have an air fryer, you can reheat the Brussel sprouts with bacon in the oven. Preheat the oven to 375°F (190°C). Arrange the Brussel sprouts with bacon on a baking sheet in a single layer. Heat for approximately 10-15 minutes, or until they are warmed through.

Remember to adjust the reheating time based on the amount of Brussel sprouts and bacon you are reheating. Enjoy the delicious flavors of your air fryer Brussel sprouts with bacon even when enjoying them later!

## Comparing Air Fryer Recipes: Brussel Sprouts with Bacon vs. Parmesan

Recipe	Description
Brussel Sprouts with Bacon	Perfectly crispy and flavorful, this recipe combines the savory goodness of bacon with the earthy taste of Brussel sprouts. It's a classic pairing that never fails to satisfy.
Brussel Sprouts with Parmesan	Elevate your Brussel sprouts game with this recipe featuring a generous sprinkle of grated Parmesan cheese. The cheese adds a touch of nuttiness and a creamy texture to the crispy sprouts.

Both recipes offer delightful variations and are simple to prepare in the air fryer. Choose the one that suits your taste preferences and enjoy the delicious flavors of Brussel sprouts prepared in a whole new way.



## A Recipe to Remember: Brussel Sprouts with Maple Glaze

Are you ready to take your air fryer Brussel sprouts to the next level? Try this tantalizing recipe that adds a touch of sweetness with a maple glaze. The combination of crispy sprouts and the rich, caramelized maple flavor will leave your taste buds begging for more. Here's how to prepare this delectable dish:

### Ingredients:

- 1 pound Brussel sprouts, trimmed and halved
- 2 tablespoons olive oil
- 2 tablespoons maple syrup
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Optional: 1/4 cup chopped pecans for added crunch

### Instructions:

1. Preheat your air fryer to 400°F (200°C).
2. In a large bowl, combine the Brussel sprouts, olive oil, maple syrup, salt, and black pepper. Toss until the sprouts are well coated.
3. Place the Brussel sprouts in the air fryer basket in a single layer, making sure they have enough space to crisp up evenly. If needed, cook in batches.
4. Air fry the sprouts for 12-15 minutes, shaking the basket halfway through to ensure even cooking. If using pecans, add them during the last 5 minutes of cooking for a delightful crunch.
5. Once the sprouts are golden brown and crispy, transfer them to a serving dish.
6. Serve immediately and relish the irresistible combination of tender Brussel sprouts and the delightful sweetness of the maple glaze.

This recipe is sure to become a favorite in your kitchen, providing a delightful twist to your air fryer Brussel sprouts repertoire. Enjoy the perfect balance of flavors and textures with this unforgettable dish.



## Conclusion

In conclusion, this air fryer Brussel sprouts recipe is a must-try for both Brussel sprouts enthusiasts and those looking to add a delicious and healthy side dish to their meals. The combination of the tender and caramelized Brussel sprouts, enhanced by the maple glaze, creates a delightful balance of flavors. The addition of pecans brings a satisfying crunch to each bite. With the convenience and efficiency of the air fryer, you can enjoy perfectly cooked Brussel sprouts in no time. So go ahead, give this recipe a try and savor the irresistible taste of these crispy and flavorful Brussel sprouts.

## FAQs

### **Q: Can I use frozen Brussel sprouts for this recipe?**

A: While fresh Brussel sprouts are recommended for optimal taste and texture, you can use frozen Brussel sprouts as a substitute. However, keep in mind that frozen Brussel sprouts may require slightly longer cooking time.

### **Q: Can I make this recipe ahead of time?**

A: This recipe is best enjoyed immediately after cooking to retain the desired texture and flavors. However, you can prepare the ingredients in advance and store them separately until you are ready to cook. Avoid cooking the dish too far in advance as reheating may result in overcooking the sprouts.

### **Q: Can I omit the pecans for a nut-free version?**

A: Absolutely! If you have a nut allergy or prefer not to include pecans, you can omit them from the recipe. The dish will still be flavorful and delicious without the addition of pecans.

### **Q: Can I adjust the sweetness of the maple glaze?**

A: Yes, you can adjust the sweetness of the maple glaze to your preference. If you prefer a sweeter glaze, you can increase the amount of maple syrup. Conversely, if you prefer a less sweet glaze, you can reduce the amount of maple syrup. Feel free to experiment and find the perfect balance of sweetness for your taste.

### **Q: Can I use a different type of glaze for the Brussel sprouts?**



A: Absolutely! While the maple glaze adds a delightful sweetness to the dish, you can experiment with different glazes to suit your taste. Balsamic glaze, honey mustard glaze, or even a soy ginger glaze are all great options to consider. Get creative and customize the flavors to your liking.

Remember, cooking is all about experimenting and making the dish your own. Feel free to adapt the recipe and make it uniquely yours!