

# BRUSSELS SPROUTS



**To Look for:** Brussels sprouts should be fresh in appearance with good green color. The texture should be firm, the leaves compact, and butt ends clean. Avoid brussels sprouts that are puffy, yellow, or wilted.



**At Home:** To keep brussels sprouts fresh, refrigerate as soon as possible. Store in refrigerator crisper for up to 2 weeks (best to use sooner). Rinse sprouts in clean drinking water directly before using.



**Your Health:** Brussels sprouts are a nutrient-rich vegetable:

- Very Good Source of Vitamin C
- Good Source of beta-carotene
- Source of Fiber
- Also includes Vitamin A, calcium, potassium and folate



**Benefits:** Eating more vegetables, especially high fiber, Vitamin A and C rich vegetables, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, potassium keeps up muscle function, and folate prevents birth defects

## Nutrition Facts

Serving Size ½ cup, or about 2 sprouts (44g)

Amount Per Serving	
<b>Calories</b>	Calories from Fat 0
20	0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 11mg	<b>1%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1.5g	<b>6%</b>
Sugars 1g	
<b>Protein</b> 1.5g	
Vitamin A 4%	Vitamin C 60%
Calcium 1%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Additional Nutrition Information**  
Potassium 145mg **4%**



**Tips to Eat More Brussels Sprouts:** A serving of brussels sprouts is ½ cup cooked, or about 2 Brussels sprouts.

- Brussels sprouts must be cooked to be eaten; remove yellow or wilted leaves and trim ends. Cut a shallow X in the base of the sprouts for faster cooking.
- Steam brussels sprouts with a vegetable steamer for about 10-15 minutes or until tender.
- Or cover brussels sprouts and a small amount of water and cook in the microwave until tender.
- Citrus or vinegar pairs well with brussels sprouts: after cooking toss with a little lemon or orange juice and zest of a lemon or orange.
- Try brussels sprouts in stir-fry dishes or in vegetable soups for cool fall days
- Top cooked brussels sprouts with a mixture of bread crumbs, cheese and a little butter, then bake until bubbly. Add noodles and meat for a casserole meal.
- Try sautéing brussels sprouts and onions with cubed ham or reduced-fat bacon.
- Brussels sprouts go well with creamy sauces. Toss hot sprouts with cream cheese and almonds for a quick and tasty side.
- Brussels sprouts go well with other vegetables—try red peppers, carrots or potatoes.
- They also go well with nuts—try chestnuts, pecans, pine nuts, walnuts or even peanuts.



### **Quick Recipe Ideas:**

- Roasted brussels sprouts: Spread in a single layer on a baking sheet and cover with a little olive oil, crushed garlic, salt and pepper. Bake at 350 for 20 minutes or until crisp. Try adding rosemary or other herbs for a different flavor.

- **Brussels Sprouts and Carrot Hash:**

1 Tbsp. olive oil  
1 ½ c. chopped onion  
2 cloves garlic, plus 1 tsp. garlic powder  
1 lb. brussels sprouts, finely chopped  
1 large carrot, shredded  
¼ tsp. dried thyme  
½ c. vegetable broth  
1 red bell pepper, seeded and finely chopped  
Salt and seasoned pepper to taste

Heat oil in a large skillet over medium. Add onions and chopped garlic and cook until soft but not brown. Add sprouts, carrot, thyme, and broth; simmer over low 5-10 minutes, until water is evaporated. Add the bell pepper, salt, and seasoned pepper, sauté 1 minute.

Makes 4 servings.

Per serving: Calories: 130, Fat: 4 g. (6%), Cholesterol: 0 mg., Fiber: 7 g. (27%), Sodium: 170 mg. (7%), Vitamin A: 140%, Vitamin C: 270%, Calcium: 8%, Iron: 10%.  
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### **For One or Two:**

To serve two follow same directions using: ½ Tbsp. olive oil, ¾ c. chopped onion, 1 clove garlic plus ½ tsp. garlic powder, ½ lb. brussels sprouts, finely chopped, ½ large carrot, shredded, 1/8 tsp. dried thyme, ¼ c. vegetable broth, ½ red bell pepper, chopped, salt and seasoned pepper to taste. Divide this recipe by 2 to serve just one.

**Modifications:** Use whatever broth you prefer, or use water and 1 tsp. bouillon for every cup of water. Add shredded cooked meat to make this a simple skillet supper.

**Storage and Freezing:** This will keep in the fridge for up to a week (best to eat sooner), or will freeze. Thaw before reheating. Leftovers make a great side or quick meal.

***Kid Friendly***

Try this recipe with your family or have your kids help you make it—it can be a good way to introduce them to brussels sprouts with more familiar flavors.