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Did you Know...

1 cup of Brussels Sprouts contains 3 grams of fiber, 3 grams of protein, only 26 calories, and more than 4 times the vitamin C than an orange!

EAT WELL, AGE WELL. Brussels Sprouts

I must admit, I was not a fan of these “mini cabbages” when I was younger, but they are now one of my favorite foods. Why? Because I learned about roasting them! They taste completely different in my opinion when you change the way you prepare them. The recipes on the next page show you how to pan-fry and roast these powerhouse veggies. Be sure not to overcook them, they will turn olive green and have an unpleasant sulfur odor.

- Select: Choose firm sprouts that are about the same size, so they cook evenly (Or you can cut them into similar sizes). Avoid wilted or blemished sprouts or those with yellow leaves. They are in season between Oct. and Dec. so they should be reasonably priced.
- Storage: Refrigerate in an open or perforated plastic bag in the veggie drawer. They will keep up to 10 days but are best quality if you eat them sooner.
- Preparation: Always wash fresh produce under cool running water. Remove the outer leaves and trim the stem even with the bottom leaves.

As stated, they are an excellent source of vitamin C that can help our bodies fight infections and stay healthy, especially now that winter and flu season are upon us. You can also shred them and add them to salads, coleslaw, and soups!

Roasted Brussels Sprouts

Ingredients

- 2-3 cups Brussels sprouts, trimmed and cut in half lengthwise.
- 1 TBSP Oil
- Salt, pepper and seasoning of your choice.
- 1 tsp Lemon Juice, honey, maple syrup or balsamic vinegar
- Dried Cranberries (optional)



Instructions

1. In a large bowl toss sprouts (and dried cranberries) with oil and seasoning.
2. Line baking sheet with foil or parchment paper and spread in a single layer.
3. Roast at 400 degrees F for 20-30 minutes, stirring once after 15 minutes.
4. Once they are lightly browned and tender crisp, remove from oven and drizzle with lemon juice, balsamic vinegar, honey, or maple syrup.

Lemon Dill Brussels Sprouts

Ingredients

- ½ cup Greek yogurt
- 1 teaspoon dill weed
- 1 teaspoon lemon juice
- ¼ teaspoon salt (optional)
- 2 cups Brussels sprouts, trimmed and cut in half lengthwise
- 2 teaspoons oil, margarine, or butter
- ¼ cup water



Instructions

1. In a small bowl, mix yogurt, dill weed, lemon juice & salt if desired. Set aside.
2. In a large skillet over medium-high heat, sauté sprouts (cut side down) in the fat of your choosing until they begin to brown.
3. Stir. Add water. Cover. Steam until the water is gone and sprouts are the desired tenderness, about 3-5 minutes.
4. Mix sprouts with the lemon dill sauce and enjoy!

Check out <https://foodhero.org/brussels-sprouts> for more recipes and tips.

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