

Brussels Sprouts

Key Points

- For the best buy, choose Brussels sprouts that are firm and bright green with no yellow or wilted leaves, and no holes.
- To prepare fresh Brussels sprouts, remove stem and discolored leaves. Rinse well.
- To store fresh, keep unwashed Brussels sprouts in a plastic bag in the refrigerator for up to 10 days.
- Brussels sprouts contain vitamin C which is good for fighting colds and healing cuts.



Pan Roasted Brussels Sprouts with Red Cabbage

Ingredients:

1 pound Brussels sprouts, trimmed and cut in half
1 tablespoon canola oil or vegetable oil
1/2 head red cabbage, shredded
1/2 cup chicken broth
Salt and pepper to taste

Directions:

1. Place Brussels sprouts in a large pot of water. Bring to a boil over high heat. Boil for 1 minute, drain the Brussels sprouts and rinse under cold water.
2. In a large frying pan, add oil over medium high heat.
3. Add Brussels sprouts to the pan. Cook 3-5 minutes, stirring often until browned.
4. Add the cabbage and chicken broth to the pan.
5. Cook 10 minutes or until the cabbage is soft. Stir often.
6. Add salt and pepper to taste. Enjoy!
7. Refrigerate leftovers.

Makes 4 servings.

5 Minute Brussels Sprouts

Ingredients:

1 pound Brussels sprouts, trimmed and cut in quarters
2 teaspoons vegetable oil
2 teaspoons lemon juice
1 garlic clove, minced
Salt and pepper to taste

Directions:

1. Place Brussels sprouts and 1/2 cup water into a medium pot.
2. Cover the pot and cook over high heat for 5 minutes or until the Brussels sprouts are tender.
3. Drain the Brussels sprouts and transfer them to a bowl.
4. Add the oil, lemon juice and garlic to the bowl. Toss to combine.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Brussels sprouts are not eaten raw. Cook them quickly in water or broth until they are tender. Serve hot or cold.
- To roast Brussels sprouts, toss them with a small amount of oil, salt and pepper. Place on a cookie sheet and roast at 400°F for 30-40 minutes.
- Cut Brussels sprouts into quarters and add them to casseroles, stews and soups.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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The Nutrition Facts Label — What does it tell us?

Recipe Name:

Pan Roasted Brussels Sprouts with Red Cabbage

Recipe Name:

5 Minute Brussels Sprouts

Nutrition Facts

Serving Size (289g)
Servings Per Container

1. Start with the serving size.

Nutrition Facts

Serving Size (120g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 35**

2. Check calories.

Amount Per Serving

Calories 70 **Calories from Fat 25**

% Daily Value*

% Daily Value*

Total Fat 4.5g **7%**

3. Limit these:

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

- Total fat

Saturated Fat 0g **0%**

- Saturated fat

Trans Fat 0g

- Trans fat

Trans Fat 0g

Cholesterol 0mg **0%**

- Cholesterol

Cholesterol 0mg **0%**

Sodium 220mg **9%**

- Sodium

Sodium 170mg **7%**

Total Carbohydrate 21g **7%**

Total Carbohydrate 11g **4%**

Dietary Fiber 7g **28%**

4. Get enough of these:

Dietary Fiber 4g **16%**

Sugars 8g

- Fiber

Sugars 3g

- Vitamins A and C

Protein 6g

- Iron

Protein 4g

- Calcium

Vitamin A 50% • **Vitamin C 300%**

Vitamin A 15% • **Vitamin C 160%**

Calcium 10% • **Iron 15%**

Calcium 4% • **Iron 8%**

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

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Calories: 2,000 2,500

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Fat 9 • Carbohydrate 4 • Protein 4

**Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH**

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