

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.



Quick Tips

- Brussels sprouts can be eaten cooked or raw by shredding them in salads.
- 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.
- **Kids can help!** Mixing Brussels sprouts in a salad is an easy, fun way to enjoy cooking with your child!

Brussels Sprouts with Peanut Dressing

Ingredients:

5 cups sliced Brussels sprouts
1 tablespoon peanut butter
1 tablespoon vegetable oil
1 tablespoon honey
1 tablespoon vinegar
1 tablespoon low-sodium soy sauce
Black pepper, to taste

Directions:

1. Place Brussels sprouts in a large bowl.
2. To make dressing, mix peanut butter, oil, honey, vinegar, and soy sauce.
3. Pour dressing over Brussels sprouts.
4. Add black pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 5 servings.

Brussels Sprouts with Apples and Onions

Ingredients:

1 tablespoon vegetable oil
1 cup diced onion
4 cups sliced Brussels sprouts
2 cups diced apple
2 tablespoons lemon juice
1/2 teaspoon black pepper
Salt, to taste

Directions:

1. Heat oil in a large pan over medium heat.
2. Add onion. Cook for 5 minutes, until soft.
3. Add Brussels sprouts and cook 5 minutes.
4. Add the apple and cook 5-10 minutes, or until apples are soft.
5. Remove from heat. Add lemon juice, pepper and salt. Mix well.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

Makes 8 servings

Adapted from nytimes.com

For more information about Stellar Farmers Markets, visit www.nyc.gov/health/farmersmarkets

Just Say Yes to Fruits and Vegetables

The Nutrition Facts Label — What does it tell us?

Recipe Name:
**Brussels Sprouts with
 Peanut Dressing**

Recipe Name:
**Brussels Sprouts with
 Apples and Onions**

Nutrition Facts			
Serving Size (104g)		Servings Per Container	
Amount Per Serving			
Calories 100	Calories from Fat 40		
		% Daily Value*	
Total Fat 4.5g			7%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 150mg			6%
Total Carbohydrate 12g			4%
Dietary Fiber 4g		16%	
Sugars 5g			
Protein 4g			
Vitamin A 15%	•	Vitamin C 120%	
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:			
	Calories:	2,000	2,500
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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
 - Total fat
 - Saturated fat
 - Trans fat
 - Cholesterol
 - Sodium

4. Get enough of these:

- Fiber
 - Vitamins A and C
 - Iron
 - Calcium

Nutrition Facts			
Serving Size (101g)		Servings Per Container	
Amount Per Serving			
Calories 60	Calories from Fat 15		
		% Daily Value*	
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 85mg			4%
Total Carbohydrate 10g			3%
Dietary Fiber 3g		12%	
Sugars 5g			
Protein 2g			
Vitamin A 8%	•	Vitamin C 70%	
Calcium 2%	•	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

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

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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Coles de Bruselas

Aspectos importantes

- Para comprar las mejores coles de Bruselas, elija las que estén firmes y sean de un color verde intenso; sin hojas amarillas, marchitas o con agujeros.
- Para prepararlas, quíteles los tallos y las hojas descoloridas. Lávelas bien.
- Si desea conservarlas frescas, guárdelas sin lavar en una bolsa de plástico y llévelas al congelador por hasta 10 días.
- Las coles de Bruselas contienen vitamina C, que es buena para combatir los resfriados y para sanar cortes en la piel.



Consejos rápidos

- Las coles de Bruselas se pueden comer cocidas o crudas si se rallan para preparar ensaladas.
- Para asarlas, mézclelas con una pequeña cantidad de aceite, sal y pimienta. Colóquelas en una placa para hornear galletas y áselas a 400° F durante 30 a 40 minutos.
- Córtelas y úselas para preparar cazuelas, guisados y sopas.
- **Niños se pueden ayudar!** Mezclando coles de Bruselas en una ensalada es una manera fácil y divertido para disfrutar la cocina con su niño!

Coles de Bruselas con Aderezo de Cacahuates

Ingredientes:

5 tazas coles de Bruselas cortadas
1 cucharada mantequilla de maní
1 cucharada aceite vegetal
1 cucharada vinagre
1 cucharada miel
1 cucharada salsa de soya bajo en sodio
Pimienta negra al gusto

Instrucciones:

1. Coloque coles de Bruselas en un sartén grande.
2. En un bol chiquito, mezcle mantequilla de maní, aceite, miel, vinagre, y salsa de soya.
3. Vierta el aderezo sobre los coles de Bruselas.
4. Agregue pimienta negra al gusto.
5. ¡Sirva y disfrute!
6. Coloque lo que sobre en el refrigerador.

Rinde 8 porciones.

Coles de Bruselas con manzanas y cebollas

Ingredientes:

1 cucharada de aceite vegetal
1 cebolla cortada en cubos
4 tazas coles de Bruselas cortadas en rebanadas finas
2 tazas manzana cortada en cubos
2 cucharadas jugo de limón
1/2 cucharadita pimienta negra
Sal al gusto

Instrucciones:

1. Caliente el aceite en una sartén grande a fuego medio.
2. Agregue la cebolla y cocínela 5 minutos, hasta que esté blanda.
3. Agregue las coles de Bruselas y cocine 5 minutos.
4. Agregue la manzana y cocine 5-10 minutos, o hasta la manzana esta blanda.
5. Quite del fuego y agregue el jugo de limón, pimienta y sal. Mezcle bien.
6. ¡Sirva y disfrute!
7. Coloque lo que sobre en el refrigerador.

Rinde 6 porciones.

Adaptada de nytimes.com

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