

# 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  
2 tablespoons soft tub margarine  
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, heat tub margarine 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  
1 tablespoon 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.

# The Nutrition Facts Label—What does it tell us?

Recipe name: 5 Minute Brussels Sprouts

<b>Nutrition Facts</b>			
Serving Size: 1/4 of recipe (100g)			
Servings Per Recipe: 4			
<b>Amount/Serving</b>			
<b>Calories</b>	50	<b>Calories from Fat</b>	20
<b>% Daily Value*</b>			
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat	0g		<b>1%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>2%</b>
<b>Sodium</b>	45mg		<b>2%</b>
<b>Total Carbohydrate</b>	7g		<b>2%</b>
Dietary Fiber	3g		<b>12%</b>
Sugars	2g		
<b>Protein</b>	3g		
Vitamin A	10%	Vitamin C	110%
Calcium	4%	Iron	6%
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

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

# The Nutrition Facts Label—What does it tell us?

Recipe name: Pan Roasted Brussels Sprouts

## Nutrition Facts

Serving Size: 1/4 of recipe (255g)

Servings Per Recipe: 4

### Amount/Serving

**Calories** 130      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 1.5g      **7%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 260mg      **11%**

**Total Carbohydrate** 18g      **6%**

Dietary Fiber 7g      **26%**

Sugars 7g

**Protein** 5g

Vitamin A 45%      Vitamin C 260%

Calcium 10%      Iron 15%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

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