



# Brussels Sprouts

## Health Benefits of Brussels Sprouts

A member of the cruciferous family (cabbage & broccoli), it is high in protein & nutrients that fight chronic diseases like cancer & diabetes

### **1/2 cup cooked or 1 cup raw Brussels sprouts provide:**

- 38 Calories, 3 gm protein, 3 gm fiber, 0.3 gm fat, no cholesterol

### **Potential benefits of consuming Brussels sprouts:**

- Excellent source of antioxidants vitamin C & beta-carotene, more than many of the other cruciferous vegetables
- Excellent source of vitamin K, lowers inflammation and risk for rheumatoid arthritis & type 2 diabetes; Helps absorb calcium for bone & heart health
- Provide multiple compounds known to protect against cancer
- Contain fiber that helps lower cholesterol & blood sugars
- Good source of iron, potassium, phosphorus & copper
- Can be consumed raw or cooked; Roasting brings out the best flavor but overcooking may cause a bitter taste

For more information, visit our website:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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— of the —  
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# Brussels Sprouts Basics

## Shop and Save

- ✿ Choose firm, compact Brussels sprouts that are green and heavy for their size. They look like tiny cabbages.
- ✿ Brussels sprouts are available as individual sprouts or still attached to the stalk. Choose sprouts that are the same size so they will cook in the same amount of time.
- ✿ Avoid wilted or blemished sprouts and those with yellow leaves.
- ✿ Brussels sprouts may be lowest cost and best quality from October to December.
- ✿ Frozen Brussels sprouts are easy to keep on hand and might cost less at some times of the year.

*Brussels sprouts are an excellent source of vitamin C that helps our bodies fight infection.*



## More About Brussels Sprouts



- ✿ Most Brussels sprouts are green but red or purple have been developed as specialty crops.
- ✿ Brussels sprouts are similar to cabbage but have a milder taste and denser texture.
- ✿ Overcooked Brussels sprouts turn olive green and have an unpleasant sulfur odor.



## Store Well Waste Less

- Refrigerate in an open or perforated plastic bag in the vegetable drawer. They will keep for up to 10 days, but quality is best when used soon.
- Wash under cool running water and trim just before using:



- Remove outer leaves.
- Trim stem even with the bottom leaves.
- Leave whole, cut in halves or quarters, or shred.

## Brussels Sprout Math

*1 pound = about 24  
sprouts 1 inch thick  
= about 4 cups trimmed  
= 2 ½ cups cooked*



# Enjoy Brussels Sprouts

## Lemon Dill Brussels Sprouts

### Ingredients:

- 1/2 cup **Greek yogurt**
- 1 teaspoon **dill weed**
- 1 teaspoon **lemon juice**
- 1/4 teaspoon **salt**
- 1/2 pound (2 cups) **Brussels sprouts** trimmed and halved lengthwise
- 2 teaspoons **margarine or butter**
- 1/4 cup **water**

### Directions:

1. In a small bowl, mix yogurt, dill weed, lemon juice and salt. Set aside.
2. In a large skillet over medium-high heat, saute sprouts (cut side down) in margarine until they begin to brown.
3. Stir. Add water. Cover. Steam until water is gone and sprouts are tender crisp, 3 to 5 minutes.
4. Mix sprouts with lemon dill sauce.
5. Refrigerate leftovers within 2 hours.

**Makes 2 cups**

**Prep time:** 15 minutes

**Cook time:** 10 minutes

## Roasted Brussels Sprouts

### Ingredients:

- 1 1/4 pounds (5 cups) **Brussels sprouts**, trimmed and halved lengthwise
- 1 Tablespoon **oil**
- 1/8 teaspoon each, **salt** and **pepper**
- 1 teaspoon **lemon juice**

### Directions:

1. In a large bowl, toss Brussels sprouts with oil, salt and pepper.
2. Spread in a single layer on a large foil-lined baking sheet.
3. Roast at 400 degrees F for 20 to 30 minutes. Stir once after 15 minutes. Sprouts should be tender crisp and lightly browned.
4. Drizzle with lemon juice; serve warm.
5. Refrigerate leftovers within 2 hours.

**Makes 5 cups**

**Prep time:** 15 minutes

**Cook time:** 20-30 minutes

See **FoodHero.org** for Roasted Honey Mustard Brussels Sprouts.

## Brussels Sprouts, Cranberry and Bulgur Salad

### Ingredients:

- 1/3 cup dried **bulgur**
- 1 cup boiling **water**
- 1/2 pound (2 cups) **Brussels sprouts**
- 1/2 cup **dried cranberries**
- 1/4 cup **nuts**, chopped
- 1/4 cup **orange juice**
- 4 1/2 teaspoons **oil**
- 2 Tablespoons **vinegar**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**

### Directions:

1. Cover bulgur with boiling water and let stand until soft, about 30 minutes. Pour off any excess water.
2. Rinse and trim Brussels sprouts. Cut in half lengthwise then slice crosswise into thin strips.
3. In a large bowl combine bulgur, Brussels sprout strips, cranberries and nuts.
4. In a small bowl or jar with a lid, combine orange juice, oil, vinegar, salt and pepper. Mix or shake well. Pour dressing over salad and serve.
5. Refrigerate leftovers within 2 hours.

**Makes 5 cups**

**Prep time:** 35-45 minutes



When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash Brussels sprouts under cool running water and pull off outer leaves.
- spread Brussels sprouts on a pan for roasting.
- measure salad dressing ingredients into a jar, close lid tightly and shake.