

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:

10 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. In a small bowl, 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

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