

Brussels Sprouts

Brussels sprouts look like little heads of cabbage. They are similar in taste to cabbage, but are slightly milder in flavor and denser in texture.

Brussels sprouts are vegetables which grow as small leafy heads on plant stems.

Brussels sprouts were named after the capital of Belgium where it is thought they were first grown. They are one of the few vegetables that originated in northern Europe. French settlers in Louisiana introduced Brussels sprouts to America.

Most Brussels sprouts are grown in California. They are available all year long, but their peak growing season is fall to early spring.

Brussels sprouts are a member of the cabbage family, which may help prevent certain types of cancer.

NUTRITION FACTS

- Fat free
- High in potassium
- Good source of vitamin C
- Good source of vitamin A
- Good source of vegetable protein

VARIETIES

Most Brussels sprouts are alike.

USES

Brussels sprouts can be steamed, boiled, or microwaved. They make a tasty addition to soups, stews and casseroles.



Sweet Brussels Sprouts
Preparation time: 20 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.75



3 c. Brussels sprouts
2 tsp. vegetable oil
2 T. onion, finely chopped
½ c. chicken or vegetable broth
⅛ tsp. balsamic vinegar
salt, to taste

1. Place Brussels sprouts in a medium sauce pan with a small amount of water.
2. Cover pan and steam for about 10 minutes or until sprouts are crisp-tender.
3. While sprouts are steaming, heat oil in a medium skillet. Add onion and sauté about 2 minutes.
4. Add steamed sprouts, broth, and balsamic vinegar to onions.
5. Cover and cook over medium heat for 2 minutes.
6. Remove lid and cook 2 more minutes, or until broth is absorbed.
7. Add salt to taste.

Nutrition Information per Serving: Calories 50, Total Fat 3 g (5% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 140 mg (6% DV), Total Carbohydrate 7 g (2% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 3 g, Vitamin A 10%, Vitamin C 90%, Calcium 2%, Iron 6%.

Brussels Sprouts with Pecans and Dried Cranberries
Preparation time: 15 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.5



1 (16 oz.) pkg. frozen Brussels sprouts
1 T. vegetable oil
2 tsp. balsamic vinegar
2 T. pecans, finely chopped
¼ c. dried cranberries
salt and black pepper, to taste

1. Cook Brussels sprouts according to package directions.
2. While sprouts are cooking, in a small bowl, stir oil, vinegar, pecans, and cranberries together.
3. Once cooked, put sprouts in a medium bowl. Add cranberry mixture and stir gently.
4. Add salt and black pepper to taste.

Nutrition Information per Serving: Calories 130, Total Fat 7 g (11% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 20 mg (1% DV), Total Carbohydrate 16 g (5% DV), Dietary Fiber 5 g (20% DV), Sugars 8 g, Protein 4 g, Vitamin A 20%, Vitamin C 90%, Calcium 4%, Iron 4%.