

What's Fresh:

Brussel Sprouts



They're naturally good!

- ◆ Excellent source vitamins K & C!
- ◆ Very good source of dietary fiber
- ◆ Rich in cancer-fighting antioxidants

Storage Tips:

Do not wash until ready to eat.
To keep fresh, store in the refrigerator in a plastic bag for up to 1 week.

Too much of a good thing? Freeze them!

Boil the Brussel sprouts whole for 3-5 minutes, then transfer to a bowl filled with ice water. Drain, dry, and store in a freezer-safe container for 4-6 months.

Use in cooked recipes.

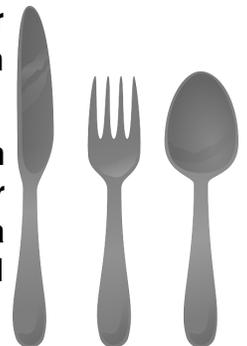
Preparation Tips:

- ◆ Rinse under running water and pat dry.
- ◆ Using a knife, trim away the very tip of the stem and discard it.
- ◆ Remove and discard any of the outer leaves that are yellow or have blemishes.
- ◆ Slice the Brussel sprouts in half from top to bottom.
- ◆ For larger Brussel sprouts, cut it in half again to make bite-size pieces.

Ways to eat Brussel sprouts:



- ◆ **Shred them.** Thinly slice the sprouts or shred with a box grater. Add to salads, sandwiches, or use instead of shredded cabbage to make coleslaw.
- ◆ **Steam them.** In a large pot with a steamer tray, bring a few inches of water to a boil. Add Brussel sprout halves; cover and steam for 6-8 minutes, or until sprouts are bright green and just tender. Season with salt & pepper.
- ◆ **Roast them.** Preheat oven to 400°F. Toss Brussel sprout halves with a few tablespoons of oil, salt, and pepper. Place in a single layer on a baking sheet and roast for 35-40 minutes, rotating them from time to time, until sprouts are tender on the inside but crisp on the outside.
- ◆ **Sautee them.** Heat a tablespoon of oil or butter in a skillet over medium-high heat. Add Brussel sprout halves and cook, stirring frequently, 7-9 minutes or until golden brown and fork tender. Season with salt & pepper. For extra flavor, add 2 cloves of minced garlic and a pinch of red pepper flakes and cook 1 minute more. Top with a squeeze of lemon juice or dash of vinegar.



See more recipes on the back 

