Brussels Sprouts

**Background:**

Brussels sprouts are said to have been cultivated by Ancient Rome but gained true popularity in the 16th Century in Belgium. They are common in many northern European cuisines.

As a member of the cabbage family, Brussels sprouts have a slight sulfur taste that will become very strong when overcooked. Sprouts are best enjoyed roasted, sautéed, steamed, or raw massaged with a little olive oil.

Pair well with bacon, parmesan, acidic flavors of balsamic vinegar or lemon, or any variety of toasted nut

**Nutritional Value:**

Brussels sprouts are a nutrition powerhouse! Maintain these nutrients by using methods other than boiling, which allows nutrients to leach out into the cooking water.

An excellent source of vitamins C, A, K, and folate; a good source of fiber and potassium; and a fair source of iron

Research is ongoing into the protective effects of Brussels sprouts’ phytochemicals against cancer, cardiovascular disease, and oxidative stress. Many of these benefits come from the sulfur-containing compounds called glucosinolates.

About 1.5 cups of sprouts contains 1/3 of your daily need for anti-inflammatory omega-3 fatty acids.
**Brussels Sprouts**

**How to SHOP:**
Find fresh Brussels sprouts in the produce section on the stalk, in netted bags, or in steam-ready plastic packaging.

Sprouts purchased at the store are already ripe and ready to use.

Look for small, bright green sprouts with compact heads. Avoid sprouts with dry, yellow outer leaves—though these can just be easily removed. Smaller sprouts will have a more tender texture.

Brussels sprouts are in season late August through March

**How to GROW:**
Plant seeds in peat pots about 3-4 weeks before transplanting to bigger containers or to the ground. In Houston, it is safest to transplant between August 20th and September 20th.

When the lower leaves start to yellow, pinch off the new buds on top and allow the sprouts to grow.

Sprouts are ready when they are compact and 1-1.5” in diameter, about 3 months after planting.

**How to STORE:**
Store unwashed sprouts in an airtight plastic bag in the refrigerator for 7-10 days.

To freeze, first blanch the sprouts then dry completely. Next, place blanched and dried sprouts in freezer on a sheet pan so that no sprouts are touching. Once frozen, transfer to a freezer-safe bag and use within one year.
Roasted Brussels Sprouts

INGREDIENTS:

1 lb. fresh Brussels sprouts, trimmed and halved
2 Tbsp. olive oil
1/2 tsp. salt
1/4 tsp. pepper
2 Tbsp. balsamic vinegar

DIRECTIONS:

Preheat oven to 425°F. Line baking sheet with aluminum foil or parchment paper.
In large bowl, toss halved Brussels sprouts with olive oil, salt, and pepper until evenly coated.
Place sprouts on lined baking sheet and roast in oven for 20 minutes, or until crispy.
When sprouts are finished roasting, drizzle balsamic vinegar over them and serve.

HELPFUL TIPS:

Brussels sprouts cook more evenly when similar in size. Try quartering larger ones if they are much larger than others when halved.
Adding balsamic vinegar after cooking will keep the sprouts from getting soggy.
Brussels Sprouts, Cranberry and Walnut Salad

INGREDIENTS:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 lb. fresh Brussels sprouts, trimmed &amp; halved</td>
<td>1/2 tsp. salt</td>
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<tr>
<td>1/4 cup lemon juice</td>
<td>1/4 tsp. thyme, dried (optional)</td>
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<tr>
<td>1/2 cup olive oil</td>
<td>1/2 cup walnuts, chopped</td>
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<tr>
<td>1 clove garlic, minced</td>
<td>1/2 cup dried cranberries</td>
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<tr>
<td>3/4 tsp. Dijon mustard</td>
<td>1/2 cup apple, grated</td>
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<tr>
<td>3/4 tsp. honey (optional)</td>
<td>1/4 cup parmesan, grated</td>
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DIRECTIONS:

Use a food processor to shred Brussels sprouts.

In a small bowl, mix together lemon juice, olive oil, garlic, mustard, pepper, salt, honey, and thyme (if using).

In a large bowl, combine shredded Brussels sprouts, prepared dressing, walnuts, cranberries, apple, and parmesan. Serve immediately.

HELPFUL TIPS:

Leftover shredded sprouts taste great when massaged with a little olive oil and salt for a simple salad.

Use shredded Brussels sprouts as a replacement for lettuce in any of your favorite salads!
Brussels Sprout Stir-Fry

INGREDIENTS:

- 3 Tbsp. vegetable oil, divided
- 1 lb. fresh Brussels sprouts, trimmed, halved
- 2-3 medium carrots, sliced diagonally
- 2 cloves garlic, minced
- 1 tsp. fresh ginger, minced
- 1/3 cup soy sauce
- 1 1/2 Tbsp. rice vinegar
- 1 tsp. sesame oil
- 2 tsp. cornstarch
- 1 Tbsp. honey (optional)

DIRECTIONS:

Heat 1 Tbsp. oil in pan over medium-high heat. Add Brussels sprouts in batches, adding 1 more Tbsp. of oil as needed. Do not overcrowd the pan. Allow sprouts to cook until golden brown, stirring occasionally.

Return all browned sprouts to pan, cover, and let cook for 3-4 minutes until tender. Set aside.

Add remaining 1 Tbsp. oil, carrots, ginger, and garlic to pan, stirring occasionally. Cook until carrots are tender.

In a separate bowl, mix soy sauce, vinegar, sesame oil, cornstarch, and honey. Add sauce to pan with vegetables and simmer until sauce has thickened.

HELPFUL TIPS:

- Top with green onions and sesame seeds for an extra touch a flavor.
- Add chili paste to the sauce ingredients to spic it up.