

Brussels Sprouts

Brussels sprouts grow as small leafy heads on a large plant stem. They have a similar taste to cabbage, but have more of a mild cabbage flavor.



HOW DO I MAKE A GOOD SELECTION?

Choose Brussels sprouts that are firm, compact and bright green. Avoid Brussels sprouts that are damaged and discolored. At farmers markets, Brussels sprouts are most likely sold on the stem.

WHAT IS THE PROPER STORAGE?

Store unwashed Brussels sprout heads in a plastic bag in the refrigerator for up to one week.

WHY SHOULD I EAT THIS?

Brussels sprouts are high in potassium which helps regulate fluid balance and muscle contractions. They are a good source of Vitamin C, which helps heal cuts and wounds. They are also a good source of Vitamin A, which promotes good vision and cell growth.

HOW COULD I USE THIS?

- Toss in olive oil, season to taste, and roast at 400F for 30-45 min for a side dish
- Sauté in olive oil for 6-8 min, then add lemon juice, shredded Parmesan cheese, or garlic
- Boil, steam, roast or microwave Brussels sprouts for a side dish
- Add to a pasta dish
- Add chopped Brussels sprouts to a stir-fry
- Add halved sprouts to a kabob
- Add shaved Brussels sprouts to a salad
- Use Brussels sprouts to make a coleslaw
- Add chopped sprouts to a vegetable pot pie recipe



DID YOU KNOW?

Brussels sprouts are named after the city of Brussels in Belgium.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| HARVEST  | | | | | | | | | X | X | X | |
| MARKET  | | | | | | | | | X | X | X | |

Sources: Nebraska Buy Fresh Buy Local



RECIPE:

Wholesome Brussels Sprouts Salad

4 Servings

Ingredients:

- 1 lb. Brussels sprouts, trimmed and chopped
- 3 Tbsp. apple cider vinegar
- 1 tsp. mustard (Dijon or other)
- 1/4 c. vegetable oil
- 1/4 c. Parmesan cheese, grated
- 1/2 c. walnuts, toasted and chopped (optional)
- Pepper, to taste

Directions:

1. Wash hands with soap and water.
2. Gently rub Brussels sprouts under cold running water. Trim and chop with a knife.
3. Fill a large bowl with 1 1/2 cups of cold water and the apple cider vinegar. Toss to coat the Brussels sprouts in water.
4. Soak the Brussels sprouts for about 30 minutes, tossing halfway through, then drain.
5. Mix mustard and vegetable oil in a small bowl and then add to Brussels sprouts. Toss to combine.
6. Before serving, add Parmesan cheese, walnuts and pepper to taste.
7. Store leftovers in a sealed container in the refrigerator.

Nutrition Info:

Nutrition Facts

| | |
|---------------------------------|--------------|
| 4 servings per container | |
| Serving size | 1 cup |
| Amount per serving | |
| Calories | 290 |
| % Daily Value* | |
| Total Fat 25g | 32% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 140mg | 6% |
| Total Carbohydrate 13g | 5% |
| Dietary Fiber 5g | 18% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 105mg | 8% |
| Iron 2mg | 10% |
| Potassium 523mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension Nutrition Education Program