

# BRUSSELS SPROUTS



**BRUSSELS SPROUTS** are a member of the Brassica family and are related to cabbage, broccoli and kale. They are named after the city Brussels in Belgium where they were first cultivated. They are the most recently domesticated cabbage crop, having come into existence less than 500 years ago. Brussels sprouts take several months to mature. Planted in the spring, they are available in the Northeast in the late fall.

## STORAGE

- ◆ Brussels sprouts will last for **1 to 2 weeks** when stored in a paper bag or loosely packed in a plastic container in the refrigerator drawer.

## PREPARATION

- ◆ If you receive the sprouts still attached to the stalk, cut or snap them off. Trim any remaining stem until you get to the very base of the sprout.
- ◆ **Remove the first layer of leaves** from the sprouts then soak or rinse the sprouts in warm water for a few minutes to flush out any unwanted critters.
- ◆ You can cut an 'X' in the bottom core of the sprout which will help the thick core area to cook faster and will therefore help you to avoid over-cooking the outer leaves.
- ◆ To cook sprouts, **boil or steam** them for about 4 minutes, or until they are tender. Overcooking will cause sprouts to become mushy and discolored.
- ◆ Serve cooked sprouts with butter, salt and pepper. You can also cut the sprouts in quarters and use them in **stir-fries, casseroles, and soups**.
- ◆ Good partners for Brussels sprouts are balsamic vinegar, garlic, onions, dill and nutmeg.

### ***Nutritional Information***

Brussels sprouts are an excellent source of Vitamins C and K and a good source of Vitamin A and folate. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Vitamin K is involved in blood clotting. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction. A healthy diet with enough folate may reduce a woman's risk of having a child with certain birth defects of the brain or spinal chord.

# Brussels Sprouts Recipes

## Herbed Brussels Sprouts, Broccoli and Carrots (Serves 6)

- 1/2 pound brussels sprouts, washed and trimmed
- 1/2 pound broccoli, cut into bite-size pieces
- 1/2 pound carrots, peeled and sliced
- 2 Tablespoons butter
- 2 Tablespoons olive oil
- 2 Tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon each of oregano, marjoram and basil



Preheat oven to 350 degrees. In a 9x13 inch casserole dish combine all vegetables. In a small skillet, melt the butter. Add lemon juice, salt, pepper and herbs. Pour butter mixture over vegetables. Cover with aluminum foil and 30 to 40 minutes or until vegetables are fork tender.

Recipe reprinted with permission from Elizabeth Henderson and David Stern from [FoodBook for a Sustainable Harvest](#), by Elizabeth Henderson and David Stern, copyright 1994.

## Sweet & Sour Brussels Sprouts

- 3 cups brussels sprouts, washed and trimmed
- 2 Tablespoons vegetable oil
- 1 medium onion, chopped
- 2 teaspoons minced garlic
- 1 teaspoon sugar
- 1/3 cup balsamic or red wine vinegar
- Parmesan cheese (optional)



In medium pot bring water to a boil. Add sprouts and cook about 5 minutes. Drain, set aside. In a large saute pan, heat oil add onion and garlic. Stir-fry about 2 minutes then add sprouts and cook about 5 minutes more. Meanwhile, in small bowl whisk together sugar and vinegar. Toss with sprouts. Sprinkle with cheese if desired.

Recipe reprinted with permission from Linda Drake from [From the Farm to the Table](#), by Linda Drake, the UConn Cooperative Extension System EFNEP and the Hispanic Health Council, Inc., 1996.

## Brussels Sprouts with Toasted Walnuts

- 1/2 cup walnuts, chopped
- 3 cups brussels sprouts, washed, trimmed, and steamed until just tender
- 3 Tablespoons butter
- Salt and pepper
- Lemon juice



Preheat oven to 350 degrees. On ungreased cookie sheet toast walnuts about 5 minutes or until fragrant. Remove from oven, set aside. Cut steamed sprouts into quarters. In a saute pan, melt butter. Add sprouts. Sauté 3 or 4 minutes. Meanwhile coarsely chop walnuts. Add walnuts to sprouts season with salt and pepper and a sprinkling of lemon juice.

Recipe adapted from [Chez Panisse Vegetables](#) by Alice Waters, copyright 1996 by Harper Collins.