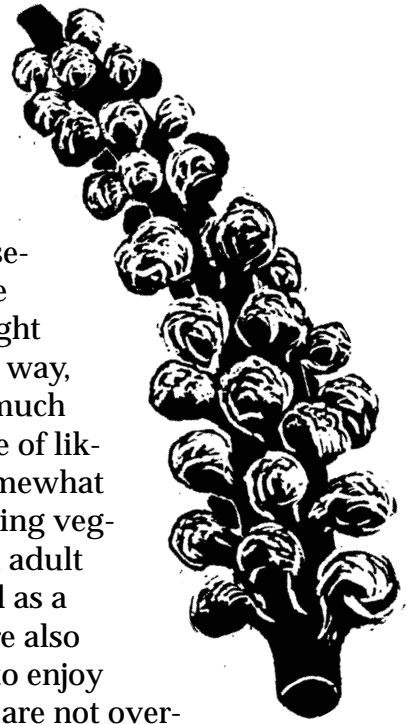


Brussels sprouts



Brussels sprouts are a member of the cabbage family. Like other vegetables in this family, Brussels sprouts have been shown to contain cancer-fighting nutrients, so they are a good choice to include in your menus. They got their name from Brussels, Belgium, where it is believed they were

first cultivated. Considered a luxury at the time, Brussels sprouts were exported to America from Belgium as early as 1793.

If you don't eat Brussels sprouts as an adult, perhaps it is because you tried them as a kid and didn't like them. Or maybe they were never given a chance

in your household because nobody bought them! Either way, you have a much better chance of liking these somewhat strong-smelling vegetables as an adult than you did as a child. You are also more likely to enjoy them if they are not overcooked. They are best when tender, but not mushy.

Brussels Sprouts with Walnut Vinaigrette

Makes 8 servings

Ingredients:

- 4 cups Brussels sprouts, trimmed
- 3/4 cup wine vinegar
- 3 Tablespoons honey
- 1 Tablespoon mustard
- 1 Tablespoon canola oil
- Pepper to taste
- 1/4 cup walnuts, coarsely chopped

Directions:

1. To cook sprouts evenly, cut an "X" in base of each.
2. Steam until just tender, 5 to 7 minutes.
3. Whisk vinegar, honey, mustard, oil, and pepper in large bowl.
4. Toss in hot Brussels sprouts and walnuts.
5. Chill overnight. Serve cold.

Source: "Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce," Madison Area Community Supported Agriculture Coalition (MACSAC)

Nutrition Facts

Serving Size 1 Serving (140g)
Servings Per Container 8

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 35mg **1 %**

Total Carbohydrate 16g **5 %**

Dietary Fiber 4g **16 %**

Sugars 9g

Protein 4g

Vitamin A 10% • Vitamin C 140%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Before cooking, remove the outermost leaves of each sprout and cut off the tough part of the sprout stem.
- Refrigerate unwashed Brussels sprouts in a plastic bag to maintain freshness.

Complementary Herb

chives

Brussels Sprouts Salad

Makes 4 servings

Ingredients:

- 3 Tablespoons lemon juice
- 1 1/2 cups Jerusalem artichokes or carrots, sliced
- 1 celeriac, peeled and cut into bite-sized pieces
- 4 leeks (white part only), chopped
- 1 pound Brussels sprouts, trimmed
- 2 Tablespoons olive oil
- 1 Tablespoon fresh grated lemon zest - yellow rind of the lemon (optional)
- Pepper to taste
- 2 Tablespoons fresh parsley, chopped

Directions:

1. Combine 1 Tablespoon of the lemon juice and 3 cups water in medium bowl.
2. Add Jerusalem artichoke and celeriac. Set aside.
3. Cook leeks in 1 inch of boiling water until tender but not slimy, about 5 minutes.
4. Drain leeks but save water. Bring water back to boil; steam Brussels sprouts over the boiling water until tender-crisp, 8 to 10 minutes.
5. Place leeks and Brussels sprouts in serving bowl.
6. Drain Jerusalem artichokes and celeriac and add to the bowl with leeks and Brussels Spouts.
7. Toss with olive oil, remaining 2 Tablespoons lemon juice, optional lemon zest, and pepper to taste.
8. Cover and chill for 1 hour.

Source: "From Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce,"
Madison Area Community Supported Agriculture Coalition (MACSAC)

Nutrition Facts

Serving Size 1 Serving (353g)
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12 %**

Saturated Fat 1g **5 %**

Cholesterol 0mg **0 %**

Sodium 160mg **7 %**

Total Carbohydrate 42g **14 %**

Dietary Fiber 9g **36 %**

Sugars 13g

Protein 7g

Vitamin A 10% • Vitamin C 210%

Calcium 15% • Iron 35%

* Percent Daily Values are based on a 2,000 calorie diet.