

Fresh
FROM THE
FARM



BRUSSELS SPROUTS



Selection & Preparation

Choose sprouts that are similar in size, firm, and compact, with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or that have yellowed or wilted leaves.

Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

Soak the Brussels sprouts in water for about 10 minutes and then rinse with fresh water to thoroughly clean the sprouts.

To boil: Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender. **To microwave:** For 1/2 pound of sprouts, use 1/4 cup of liquid; place in microwaveable dish and cover. Cook 4 minutes for medium sprouts, 8 minutes for large. **To steam:** Place sprouts in saucepan with 1/4 inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

Nutrition Facts

Serving Size 1/2 cup cooked Brussels Sprouts

Amount Per Serving

Calories 30

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0g 0%

Sodium 15 mg 1%

Total Carbohydrate 6 g 2%

Dietary Fiber 2 g 7%

Sugars 1 g

Protein 2 g

Vitamin A 10%

Vitamin C 80%

Calcium 2%

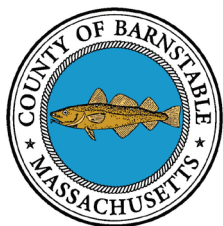
Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

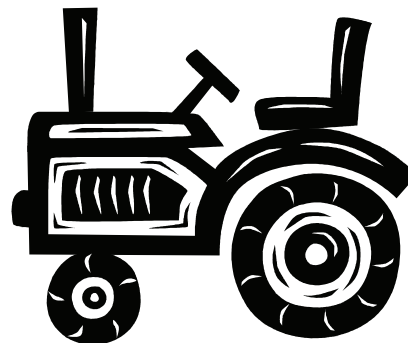
Nutrition Highlights

- Fat free
- High in potassium
- Good source of vitamin C
- Good source of vitamin A
- Good source of vegetable protein

Information adapted from the University of Kentucky Cooperative Extension. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



Cape Cod Cooperative Extension ° 3195 Main St ° Barnstable, MA 02630
www.capecodextension.org ° coopext@barnstablecounty.org ° 508-375-6690



Sweet Brussels Sprouts

Preparation time: 20 minutes

Number of servings: 4

3 c. Brussels sprouts

2 tsp. vegetable oil

2 T. onion, finely chopped

1/2 c. chicken or vegetable broth

1/8 tsp. balsamic vinegar

salt, to taste

1. Place Brussels sprouts in a medium sauce pan with a small amount of water.
2. Cover pan and steam for about 10 minutes or until sprouts are crisp-tender.
3. While sprouts are steaming, heat oil in a medium skillet. Add onion and sauté about 2 minutes.
4. Add steamed sprouts, broth, and balsamic vinegar to onions.
5. Cover and cook over medium heat for 2 minutes.
6. Remove lid and cook 2 more minutes, or until broth is absorbed.
7. Add salt to taste.

Nutrition Information per Serving: Calories 50, Total Fat 3 g (5% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 140 mg (6% DV), Total Carbohydrate 7 g (2% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 3 g, Vitamin A 10%, Vitamin C 90%, Calcium 2%, Iron 6%.

Brussels Sprouts with Pecans and Dried Cranberries

Preparation time: 15 minutes

Number of servings: 4

1 (16 oz.) pkg. frozen Brussels sprouts

1 T. vegetable oil

2 tsp. balsamic vinegar

2 T. pecans, finely chopped

1/4 c. dried cranberries

salt and black pepper, to taste

1. Cook Brussels sprouts according to package directions.
2. While sprouts are cooking, in a small bowl, stir oil, vinegar, pecans, and cranberries together.
3. Once cooked, put sprouts in a medium bowl. Add cranberry mixture and stir gently.
4. Add salt and black pepper to taste.

Nutrition Information per Serving: Calories 130, Total Fat 7 g (11% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 20 mg (1% DV), Total Carbohydrate 16 g (5% DV), Dietary Fiber 5 g (20% DV), Sugars 8 g, Protein 4 g, Vitamin A 20%, Vitamin C 90%, Calcium 4%, Iron 4%.