

Brussels Sprouts



About Brussels Sprouts

- Brussels contain phytonutrients (found in plants) which can help prevent cancers
- Brussels contain fiber which can help you feel fuller longer

Selecting and Storing

- Select Brussels with tightly packed leaves that are bright green and heavy for their size
- Store in refrigerator. They will keep for weeks, but become more bitter tasting over time

WIC Tips: Brussels love to be roasted in the oven or on a stovetop.

This institution is an equal opportunity provider

Pan Roasted Brussels

Makes: 6 servings

INGREDIENTS

- 1-1.5 pounds of Brussels sprouts
- 1-2 garlic cloves, minced
- 1/4 onion thinly sliced
- 1/2 lemon squeezed
- 2 tablespoons of olive oil
- 1 tablespoon of butter
- 1./2 teaspoon of salt and pepper

INSTRUCTIONS

1. Trim the end of the Brussels and pull off any loose leaves.
2. Slice Brussels in half or thinly sliced lengthwise.
3. In a large bowl, add garlic, onions and Brussels. Coat with a tablespoon of olive oil. Add salt and pepper and mix well .
4. In a large skillet, melt butter and remaining olive oil over medium high heat. Add Brussels mixture. Stir and cook until they are tender and golden brown. Remove from heat to cool.
5. Serve and enjoy!

