



April Veggie of the Month: Brussels Sprouts

ADSS Nutrition Team, Spring FY21

Did you know: Brussels sprouts get their name from Brussels, Belgium.

Brussels sprouts have often been a vegetable that people avoid because when they are overcooked, they can become mushy and bitter. The good news is, due to new cooking methods, Brussels sprouts is becoming a delicious vegetable choice!

Why should you eat Brussels sprouts?

They are a great source of Vitamins A, B, and C, niacin, iron and calcium. And they are low in calories when served without the addition of a lot of fat.

Tips for buying and preserving Brussels sprouts:

Purchase sprouts that are bright green and uniform in size to allow for even cooking.

Small, firm, compact sprouts are the best choice.

To freeze, trim and remove the coarse outer leaves. Wash thoroughly and blanch 3-5 minutes. Cool in a bowl of cold water and ice cubes. Drain, and dry prior to packaging. Leave as little air in the package as possible. Seal and freeze. Will keep in the freeze about 3-6 months.



How do I cook Brussels sprouts?

Although fresh Brussels sprouts have the best flavor and texture, whether using fresh or frozen, to maximize flavor, broil, steam, braise or boil Brussels sprouts for a maximum of 7-10 minutes (less if you like your veggies on the firmer side). Be sure not to overcook! If they lose their bright green color, they may have lost much of their nutritional value, may be mushy, and may have developed a strong, bitter flavor.

Oven-roasted Brussels sprouts

- 1-2 lbs. of fresh Brussels sprouts
- 3 T olive oil
- ½ tsp chopped garlic
- 2-3 slices of bacon, cooked and chopped
- Salt and pepper to taste



Preheat oven to 400 degrees F. Trim sprouts; wash and pat dry. Place in bowl, add all seasonings except the bacon, and toss well.

Pour into a baking sheet and place on center oven rack. Roast for 20-30 minutes (depending on your preference to doneness) stirring often to prevent burning and for more even cooking.

When done, pour into serving dish, top with the chopped bacon and serve.