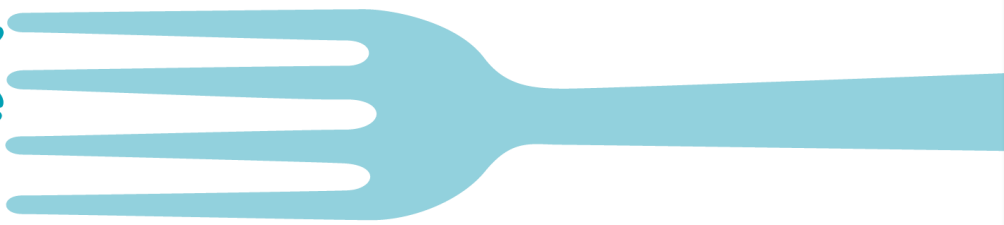


Harvest of the Month



November



Brussels Sprouts



Pick:

- Choose small, firm, compact sprouts with unblemished leaves.
- If possible, select sprouts that are still attached to the stalk.

Store:

- Sprouts that are still on the stalk will keep for several days in the refrigerator. If sprouts have been removed from the stalk, use within 3-5 days.

Prepare:

- Remove from the stalk with a sharp knife.
- Remove any discolored outer leaves, and prepare as desired!
- If cooking whole sprouts, cut an X in the base to ensure even cooking.

Nutrition Info

One cup of cooked Brussels sprouts has 60 calories and provides vitamin C and A.

Fun Facts

Brussels sprouts got their name from Brussels, Belgium, where they originated!

One serving of Brussels sprouts contains as much vitamin C as an orange.

In Wisconsin, peak Brussels sprout season is from about September through December. Look for them at winter farmers' markets!

Uses

Sprouts can be baked, roasted, steamed, or sautéed. The method of cooking greatly influences the flavor. If you don't like them steamed, try them roasted or sautéed.

Try adding sliced sprouts to soups, casseroles or stews!

Try caramelized sprouts – saute sliced sprouts with a little olive oil, minced garlic, salt and a teaspoon or two of brown sugar. Yum!

Family Friendly Activities

Check out your local farmers' market and purchase sprouts that are still in the stalk. Count the number of sprouts on each stalk!

How many cruciferous vegetables can you name? Here are a few examples to get you started: Brussels sprouts, radishes, napa cabbage, and kale!

Nutrition Facts

Serving Size 1/2 cup (116g)
Servings Per Container 8

Amount Per Serving

Calories 60 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 10g **3%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 4g

Vitamin A 15% • Vitamin C 160%

Calcium 4% • Iron 8%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Roasted Brussels Sprouts

Serves 8 (1/2 cup per serving)

Ingredients:

- 2 pounds fresh Brussels sprouts
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. black pepper

Directions:

Preheat oven to 400 degrees. Wash and remove the ends of each sprout, along with any discolored leaves. Chop larger sprouts in half to ensure even cooking. Place the sprouts into a bowl with the olive oil, salt and pepper. Spread the sprouts onto a sheet pan and place into the oven for 15-20 minutes until edges are brown and crispy.

For more information on Farm2School & Foot Steps to Health visit: [www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org)

Color
Brussels
Sprouts!

