

# Brussel Sprouts

## Benefits of Brussel Sprouts:



High in iron



High in Vitamin C & A



High in antioxidants to prevent heart disease and some cancers.

## When are they in season?



Harvest in Wisconsin should be delayed until after the first frost. Their season runs from late August through March.

## Food Safety for Brussel sprouts

**Check** for existing mold.

**Store** Brussels sprouts in a plastic bag in the refrigerator.

**Separate** Brussels sprouts from meat. Use different cutting boards for meats and fruits.

Did you know... Brussels sprouts was named after Brussels, the capital of Belgium, where they were a popular 16<sup>th</sup> century crop.

Resource:

Leech, J. (2018, October 09). 10 Proven Health Benefits of Blueberries. Retrieved January 07, 2021, from <https://www.healthline.com/nutrition/10-proven-benefits-of-blueberries?scrllybrkr>  
Epicurious. (n.d.). Brussels Sprouts Recipes & Tips. Retrieved January 13, 2021, from <https://www.epicurious.com/archive/seasonalcooking/fall/brussels-sprouts>  
Team, B. (2020, March 11). Brussels Sprouts: 25 Fun and Surprising Facts. Retrieved January 13, 2021, from <https://www.hitchcockfarms.com/blog/brussels-sprouts-25-fun-and-surprising-facts>  
Picture: Creative Commons

## Pan fried Brussels sprouts:

Serves 4.

### Ingredients

- 1 pound Brussel sprouts
- 3 tablespoon extra-virgin olive oil
- 1/3 cup vegetable broth
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

### Directions

1. Trim the Brussel sprouts, remove dry leaves, and slice lengthwise.
2. Heat olive oil in a large skillet over medium-high heat.
3. Place Brussel sprouts in a single layer cut side down.
4. Fry for about 4 minutes, just until golden color appears.
5. Season with salt and pepper.
6. Add the vegetable broth and cover with a tight lid. Cook with the lid on for about 4-5 minutes or until liquid disappears.
7. Stir and taste for salt. Cook for another minute.
8. Serve.

