

FRUIT/VEGETABLE OF THE MONTH!

The featured vegetable is the **BRUSSELS SPROUT**

BRUSSELS SPROUTS FACTS:

Brussels sprouts get their name from the capital of Belgium where they first grew in the 16th century.

They are relatives of broccoli, cauliflower, collard greens, and kale. They look like **mini cabbages** - only one to two inches across, green and round, with tightly packed leaves. When prepared the correct way, Brussels sprouts have a **mild, sweet, almost nutty flavor**.

Brussels sprouts are an **excellent source of vitamin C and vitamin K**. They are **rich in fiber and phytonutrients**, which offer a host of health benefits.

They can be boiled, steamed, roasted or stir-fried. Shred them to use in slaws and salads. Cook them with a small amount of salt, pepper and olive oil, or fancy them up by adding nuts and spices. Add to pasta or frittatas.



HEALTH BENEFITS OF EATING BRUSSELS SPROUTS:

- Help to reduce the risk of heart disease and diabetes
- Contain vitamin K that may help protect against osteoporosis
- May decrease the risk of certain types of cancers
- Fiber and antioxidants in Brussels sprouts may help **keep blood sugar levels stable**
- As part of a high-fiber diet, help you feel fuller for longer which could **keep you from over-eating**
- Can also **promote regularity and support digestive health**
- Omega-3 fatty acids in Brussels sprouts can **reduce inflammation, insulin resistance, cognitive decline and blood triglycerides**

ROASTED BRUSSELS SPROUTS RECIPE:

Total Time: 50 min | Yield: 6 servings

Ingredients:

- 1 1/2 pounds Brussels sprouts
- 3 tablespoons good olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

1. Preheat oven to 400 degrees.
2. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves.
3. Mix them in a bowl with the olive oil, salt, and pepper
4. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.
5. Serve immediately.

