NUTRITION AND YOU... Brussels Sprouts

FOOD FOR THOUGHT
Brussels sprouts are named after the city of Brussels, the capital of Belgium, where they were first cultivated. French settlers introduced them to America. Brussels sprouts sometimes go by the name “little heads of cabbage”, and their taste is similar to cabbage. They are part of the cruciferous family of vegetables.

Note: One cup of cooked Brussels sprouts provides one cup of your daily vegetable requirement.

EAT HEALTHY
Brussels sprouts are:
● An excellent source of vitamin C
● A good source of vitamin A
● Cholesterol free
● Low in fat and calories

KEEP IT SAFE
● Wash hands for 20 seconds with warm water and soap before and after preparing food.
● Do not wash or trim Brussels sprouts before storing them.
● Do not remove the fresh outer leaves, since these contain the most nutrients.
● Wash Brussels sprouts in cool, running water before preparing and eating them.
● Brussels sprouts will stay fresh for three to five days in the refrigerator.
**RECIPE**

**French Brussels Sprouts**

**Ingredients:**
- 1/2 pound Brussels sprouts (or broccoli, cabbage, kale, collards, turnips)
- 1/2 cup low-sodium chicken broth
- 1 teaspoon lemon juice
- 1 teaspoon spicy brown mustard
- 1/2 teaspoon dried thyme
- 1/2 cup sliced mushrooms (optional)

**Instructions:**
1. Trim ends of Brussels sprouts and cut in half. Cook in water until tender - about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a medium-sized pot, bring broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the Brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

**Nutrition Facts – French Brussels Sprouts**

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Total Fat - 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat - 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber - 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sodium - 85mg</td>
<td>4%</td>
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<tr>
<td>Sugars - 3g</td>
<td></td>
</tr>
<tr>
<td>Protein - 4g</td>
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</tbody>
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*Percent daily value based on a 2,000 calorie diet. Your daily values may be higher/lower depending on your caloric needs.

**FOCUS ON FITNESS**

Make physical activity a routine part of your day so it becomes a habit and skipping it won’t be an option!

**REMEMBER**

Refrigerate or freeze prepared food and leftovers within two hours of serving. Defrost frozen foods by thawing slowly in the refrigerator; never defrost at room temperature.

**REFERENCES**

- United States Department of Agriculture, ChooseMyPlate
  http://www.choosemyplate.gov
- Centers for Disease Control and Prevention
  fruitsandveggiesmatter.gov
- Centers for Disease Control and Prevention
  http://www.fruitsandveggiesmatter.gov/health_professionals/food_safety.html
- The Wellness Encyclopedia of Food and Nutrition,
  The University of California at Berkeley, 1992
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  http://recipefinder.nal.usda.gov/

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