



Brought to You by the Ohio Family Nutrition Program (FNP) and the Ohio Expanded Food and Nutrition Education Program (EFNEP)

Volume 3 Issue 1

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.

SHOP SMART

You can find fresh Brussels sprouts year-round, but their peak growing season is from fall to early spring. Most stores sell Brussels sprouts in the freezer section, but they taste best when cooked fresh. Bright green color is the best guide to freshness. Yellow leaves and a strong cabbage smell are signs of age. Choose small, firm Brussels sprouts with unblemished leaves. Tiny holes or sooty smudges may be signs of insect damage.



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.

Your Local story here in 12 pt Arial Narrow with 18 pt Arial Bold headline



Community Nutrition Programs
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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

Cost: Per Recipe: \$1.63

Per Serving: \$0.82

Serving Size: 1/2 of recipe

Calories: 70

Calories from Fat: 10

Per Serving	% Daily Value*
Total Fat - 1g	2%
Saturated Fat - 0g	0%
Dietary Fiber - 4g	16%
Sodium - 85mg	4%
Sugars - 3g	
Protein - 4g	

*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](http://www.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
- United States Department of Agriculture, SNAP-Ed Connection
<http://recipefinder.nal.usda.gov/>



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