

# Brussels Sprouts

Produced by:



— THE LAND —  
CONNECTION



## Fun Facts:

- Brussels Sprouts' flavor, sweetness, and tenderness improves with exposure to frosts.
- They were originally cultivated near Brussels in the 13th century, which is also where they got their name from.

## Nutrition Information:

- They are an excellent source of vitamin K, vitamin C, and B vitamins. They also contain many essential minerals including iron, manganese, and phosphorus.
- Due to high vitamin K levels, excessive consumption should be avoided by those taking anticoagulants.

## Preparation:

- Rinse and cut off the tough bottom part of the sprouts, then peel off and discard the two outermost leaves.
- For most cooking techniques, brussels sprouts can be left whole. If cut, the sprouts are typically halved, or quartered.
- Boiling will cause brussels sprouts to lose some of their nutritional value so steaming, sautéing, or roasting are generally preferred.

## Cooking:

Learn more at [www.thelandconnection.org](http://www.thelandconnection.org)

**Blanch:** place sprouts in boiling water for approximately 5 minutes or until they are tender, but not mushy; drain in a colander, and immediately place in a bowl of ice water to stop them from cooking. Season them as desired and eat as a side or marinate them in dressing for use in salads.

**Steam:** place sprouts on a steamer rack (in a pot) above 1 to 2 inches of boiling water. Cover the pot, and steam for 5-8 minutes until tender.

**Roast:** toss with olive oil, salt, and pepper; spread out on a baking sheet; roast at 400°F for 30-40 minutes, or until the outer leaves crisp and brown and the sprouts are tender. Roast with dried cranberries, cooked bacon, or slivered almonds for added flavor.

**Soup:** add sprouts to hearty soups or puree cooked sprouts with onion, garlic, and some chicken stock for a brussels sprout soup.

**Sauté:** toss with olive oil or butter, salt, and pepper, and sauté in a sauce pan until tender. Add other veggies or proteins for a delicious stir-fry.

## Storage:

- Refrigerate unwashed sprouts in a plastic bag.
- Best if used fresh. They should retain integrity for up to 1 week. They will last longer but may lose nutrients and color, as well as increase in odor.
- Brussels sprouts may be frozen for long-term storage. Simply blanch them, rinse in cold water, drain, and let dry. Pack into air-tight containers or freezer bags, or puree and freeze.