Brussels Sprouts

Selection - Choose bright green and firm sprout heads, either on or off the stalk.

Storage - Store in the refrigerator. Remove any wilted leaves before storing (will stay fresh up to 1 week).

Nutrition - Fiber in Brussels sprouts can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE BRUSSELS SPROUTS

- To steam Brussels sprouts, trim the ends and cut in half. Place in pan with about 1/2 cup of water. Add a low sodium spice blend and cook for about 5 minutes, or until soft, on high heat.
 To make a salad, thinly slice the Brussels sprouts and mix with dried fruit, red onion and almonds. Toss with olive oil and lemon juice or with olive oil and balsamic vinegar.
 - To roast Brussels sprouts, trim the ends and cut in half. Toss in olive oil and bake at 425 degrees for 20-25 minutes. Lightly add parmesan cheese for more flavor.







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feedingpa.org/hpi

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Lemon Dill Brussels Sprouts

Makes 2 Servings

Ingredients

- 1 cup Greek yogurt
- 1 teaspoon dill weed
- \Box 1 teaspoon lemon juice
- 1 teaspoon salt
- 1 pound (2 cups) Brussels sprouts (trimmed and halved end to end)
- □ 2 teaspoons margarine or butter
- □ 1/4 cup water

Directions

- In a small bowl, mix yogurt, dill weed, lemon juice and salt. Set aside.
- In a large pan over medium-high heat, sauté sprouts (cut side down) in margarine or butter until they begin to brown.
- 3. Stir. Add water. Cover. Steam until the water is gone and sprouts are tender crisp, 3-5 minutes.
- 4. Mix sprouts with lemon dill sauce. Serve warm.

Recipe adapted from: Food Hero https://foodhero.org/recipes/lemon-dill-brussels-sprouts

