

In the
garden:

Brussels Sprouts



<http://www.gardening-forums.com/>



http://www.growthis.com/wp-content/uploads/2013/06/iStock_000011536082XSmall.jpg



<http://blog.gardenharvestsupply.com/wp-content/uploads/2011/04/brussel-sprouts.jpg>

Ready to eat:



<http://ecx.images-amazon.com/images/I/41r3ne2V8TL.jpg>



https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcRwP77f1orECDrR9cmJ8eJn4znCfa9BH-3OerST_qlGNG8sUzmzEQ



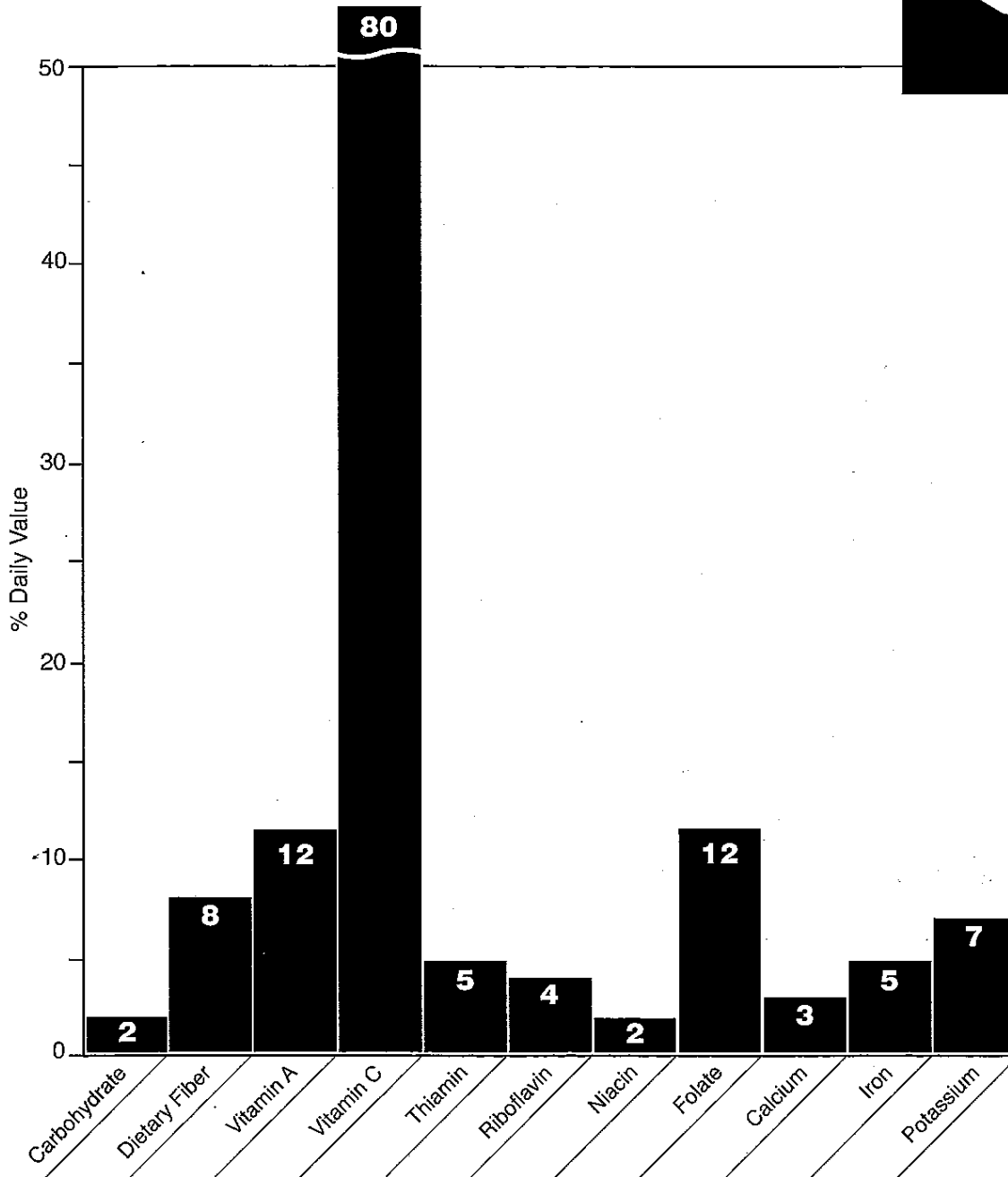
<http://h2savecom.files.wordpress.com/>

FUN FACTS:

- Brussels Sprouts are one of the most nutritious vegetables around.
- This vegetable is named after Belgium's capital, Brussels.
- There are over 110 varieties of Brussels Sprouts!
- Brussels sprouts are not baby cabbages, but they are from the cabbage family.

Brussels Sprout

Brassicaceae *Brassica oleracea* L. var. *gemmifera* DC
(analysis based on boiled, drained Brussels sprout)



Serving Size

- 4 Brussels Sprouts
- 77 Grams
- 28 Calories
 - 12% from fat
 - 18% from protein
 - 70% from carbohydrate
- 2 Grams Protein
- 5 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.4 Gram Fat
- 68 Grams Water
- 16 Milligrams Sodium

Brussels sprouts
are leaf buds.



Roasted Brussels Sprouts, Potatoes and Chicken

Ingredients

- 3 cups **Brussels sprouts**, fresh or frozen and halved vertically, about 3/4 pound
- 4 small **red potatoes**, cut into chunks
- 1/2 cup **onion**, chopped
- 2 cloves **garlic**, minced
- 2 tablespoons **olive oil**
- 1/4 teaspoon **salt**
- 1/8 teaspoon **pepper**
- 1/2 cup non-fat **cottage cheese**
- 1/4 cup part-skim **mozzarella cheese**, shredded
- 2 tablespoons non-fat **milk**
- 1 pound boneless **chicken breast**, 4 portions



Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. In a 2 quart baking dish coated with cooking spray, toss Brussels sprouts, potatoes, onion, and garlic with 1 tablespoon olive oil, salt, and pepper.
3. In a small bowl, mix cheese with milk.
4. Coat chicken breasts with remaining olive oil.
5. Nest among vegetables in baking dish.
6. Top with cheese mix.
7. Cover with foil and bake for 40-45 minutes or until chicken is done.

<http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/roasted-brussels-sprouts-potatoes-and-chicken>

Storage tips for Brussels Sprouts:

- When selecting Brussels sprouts choose those that are firm, have a white bottom and are no larger than a golf ball.
- Refrigerate unwashed in a plastic bag and use within about 3 days



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