Brussels Sprouts

In the garden:

Ready to eat:

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
(analysed 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.


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