



Brussels Sprouts

A plant whose origins are obscure. It is said to have developed near Brussels, hence its name. Brussels sprouts grow in tight formation at the base of a series of leaves arranged along the stem.

Buying

Choose: green firm and compact Brussels sprouts, with no yellow leaves and of similar size.

Serving Ideas

Brussels sprouts are only eaten cooked. They can be served with butter, with béchamel sauce, as a gratin, in soups and stews, stir-fried and pureed with potato. They can also be served cold as a salad.

Cooking

Brussels sprouts are cooked whole.

Boiled: 8-12 minutes in $\frac{3}{8}$ - $\frac{3}{4}$ in. water.

Steamed or braised: about 15 min. (according to desired tenderness).

Nutritional Information

Per 3.5 oz/100g	cooked
Water	87%
Protein	2.5g
Fat	0.5g
Carbohydrates	8.7g
Fiber	4.3g
Calories	39

Preparing

Remove base and any wilted leaves, then wash the Brussels sprouts in water. Soak for 15 min. in water to which a little lemon juice or vinegar has been added.

Excellent Source: vitamin C, folic acid and potassium.

Contains: vitamin B, iron, thiamine, magnesium, vitamin A, phosphorus and niacin.

Properties: antineoplastic.

Storing

In the fridge: 3-4 days, unwashed in a loosely closed or perforated plastic bag.

In the freezer: 1 year. Blanch small sprouts 3 minutes and larger sprouts 5 min.