

BRUSSELS SPROUTS

Brussels sprouts are part of the cruciferous family of veggies, along with broccoli and cabbage. They resemble mini cabbages, and grow on a stalk (see photo on reverse). They are low in calories, and packed with nutrients.

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BEST COOKING METHODS

- ROAST
- SAUTE

RECIPE IDEAS

- ROASTED WITH ONIONS AND BACON
- SLICED THIN AND ADDED TO SALAD

STORAGE

- Leave the outer leaves on, and refrigerate for up to 1 week.
- If the outer leaves are starting to yellow, remove and save for stock.

NUTRITION

- Excellent source of Vitamin C and K
- Good source of folate, manganese, and fiber

TIPS

- The best-tasting Brussels sprouts are small, firm, and bright green.
- If sprouts begin to yellow: chop thoroughly and saute with oil and garlic, or gently steam, cool, and then freeze to reheat later.

LEMON GARLIC PASTA & BRUSSELS SPROUTS

- **1 lb** Brussels Sprouts
- **1/2 lb** Dried Pasta (use fun shapes for children, or orzo for quick cooking)
- **2 tbsp** oil (olive or vegetable)
- **1** clove garlic, minced
- **1/4 tsp** chili flakes (optional)
- **1/2** cube chicken or vegetable bouillon
- **1/2** lemon
- **Parmesan** (for serving)

RINSE AND TRIM BRUSSELS SPROUTS AND SLICE THEM THINLY. USE A FOOD PROCESSOR IF YOU WANT TO SPEED THINGS UP. COOK PASTA ACCORDING TO THE PACKAGE. DRAIN, BUT RESERVE ABOUT 1/2 CUP OF THE COOKING LIQUID FOR USE LATER. MEANWHILE, HEAT OIL OVER MEDIUM HEAT IN A LARGE SAUTÉ PAN. ADD IN BRUSSELS SPROUTS, ALONG WITH A PINCH OF SALT, AND RED CHILL FLAKES (IF USING). SAUTÉ UNTIL TENDER AND LIGHTLY GOLDEN, ABOUT 2-3 MINUTES. TOSS IN THE PASTA ALONG WITH 1/2 CUP OF COOKING LIQUID AND THE CRUMBLLED STOCK CUBE, STIRRING IN TO CREATE A LIGHT SAUCE. THE LIQUID WILL REDUCE SLIGHTLY TO THICKEN. SQUEEZE LEMON OVER TOP, GIVE A QUICK STIR AND SERVE IN BOWLS SPRINKLED WITH PARMESAN CHEESE.

SERVES 4.

(ADAPTED FROM [HTTP://WWW.POPPYTALK.COM/](http://www.poppytalk.com/))



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