

Brussels Sprouts



Brussels sprouts are part of the Brassica family of vegetables, along with broccoli and cabbage. They resemble mini cabbages, and grow on a tall stalk. They taste similar to cabbage, and can sometimes be bitter without seasoning. They are low in calories, and a good source of fiber and vitamin C.

Cooking Tips

Great raw, sautéed, roasted, or steamed, Brussels sprouts can be sliced thin for salads or slaws, chopped to add to stir-fry or sautés, or left whole for roasting and steaming. Large Brussels sprouts will be more fibrous and require more cooking or cutting, whereas small ones are more tender and cook quickly.



Storage

Leave the outer leaves on, store in a loose plastic bag and refrigerate for up to 10 days. Wash just before using. Remove or trim yellowed leaves or bad spots before using. Steam or blanch lightly and freeze in an airtight container up to 6 months.

Lemon Garlic Pasta with Brussels Sprouts

lovin'
spoonfuls
a food rescue



Serves: 4 Total Time: 25 minutes

Ingredients:

- 1 lb Brussels sprouts
- ½ lb dry pasta (any shape)
- 2 tbsp oil (olive or vegetable)
- 1 clove garlic, minced
- ¼ tsp chili flakes (optional)
- ½ cube chicken or vegetable bouillon
- ½ lemon
- Parmesan (for serving)

Directions:

1. Rinse and trim Brussels sprouts and slice them thinly (or shred in a food processor or mandolin).
2. Cook pasta according to the package. Drain, reserving ½ cup cooking liquid for later. Meanwhile, heat oil over medium heat in a large sauté pan. Add in Brussels sprouts, along with a pinch of salt and red chili flakes (if using). Sauté until tender or lightly golden, 2 to 3 minutes.
3. Add pasta, cooking liquid, and bouillon to Brussels sprouts, stirring until reduced to a light sauce, 5 to 6 minutes. Squeeze 2 to 3 tsp of lemon juice over the top, stir, and season with salt and pepper to taste. Top with Parmesan to serve.

