



# BRUSSELS SPROUTS

## Description

Brussels sprouts are members of the cabbage family and are typically in season from early May to early June in Missouri. Brussels sprouts are rich in vitamin C, an antioxidant that aids in the body's healing process.

## Selection

Look for bright green, firm sprouts. Avoid those with loose leaves and blemishes.

## Storing

Fresh Brussels sprouts should be stored in the refrigerator. Before refrigerating, remove any wilting leaves. Place the sprouts in a ventilated storage bag with a damp paper towel. Sprouts can be stored for up to a week this way.

## Preparing

Wash and remove wilted outer leaves and trim off the sprout end. Brussels sprouts can be prepared in a variety of ways based on taste preferences. Steaming, boiling, roasting, or eating raw are all options for preparation.

## Recipe of the Month

*Roasted Brussels Sprouts with Balsamic*

## Ingredients:

- 1 pound Brussels sprouts
- 2-3 Tbsp aged balsamic vinegar
- Salt and pepper
- 2 Tbsp olive oil
- 1-2 garlic cloves, minced

## Directions

1. Preheat oven to 400 degrees F.
2. Wash and trim Brussels sprouts. Cut sprouts in half.
3. Toss Brussels sprouts in olive oil, garlic, salt and pepper. Place on a baking sheet with cut side down.
4. Roast for 15 minutes. Remove from the oven and drizzle with balsamic vinegar. Toss to coat and return to the oven for an additional 5 minutes or until tender.

## Nutrition Facts

**Serving Size** 1 cup raw  
**Brussels sprouts (88g)**

**Amount per serving**  
**Calories** **38**

		% Daily Value*
<b>Total Fat</b>	0.2g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0mg	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	22mg	<b>1%</b>
<b>Total Carbohydrate</b>	8g	<b>3%</b>
Dietary Fiber	3g	<b>11%</b>
Total Sugars	2g	
Includes Added Sugars	0g	<b>0%</b>
<b>Protein</b>	3g	
Vitamin D	0mcg	<b>0%</b>
Calcium	37mg	<b>3%</b>
Iron	1mg	<b>6%</b>
Potassium	342mg	<b>7%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

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