

MINUTE NUTRITION NEWS

September 2018

Eating Local and Seasonal: Brussels Sprouts

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Brussels sprouts have long been consumed in Brussels, Belgium, where it may have gotten its name from. Later, it started being grown in England and France, and eventually in North America. In Ontario, it is now the season for locally grown brussels sprouts and they will be available until November.



Nutritional Benefits

Brussels sprouts are high in Vitamin C and also have good levels of vitamin A, potassium and fibre. Brussels sprouts are a member of the cruciferous (pronounced “crew-si-fer-us”) vegetable family, along with broccoli, cabbage, kale and cauliflower. Research has shown this family of vegetables may play a role in protection against cancer.

Buying, Storing and Preparing

Look for brussels sprouts that have a fresh green colour and are firm to the touch. Avoid ones that have yellowing or wilting leaves.

Brussels sprouts can keep for up to two weeks in the fridge. Wrap them in paper towel and store inside a plastic bag.

To prepare the brussels sprouts for cooking, soak them in cold water and then drain. Peel off any outer leaves that are starting to yellow or wilt. Trim off the ends of the stems that have any discoloration. For recipes that require chopping up the brussels sprouts before cooking, see instructions on the right.

Ways to Enjoy Brussels Sprouts

- Roasting brussels sprouts in the oven can offset some of the bitterness of this vegetable. Try the simple recipe on the next page.
- Shredded brussels sprouts can be mixed with other vegetables like chopped kale and romaine lettuce to create a mixed green salad. (You can also shred the brussels sprouts after it has been roasted to create a warm salad perfect for fall.)
- Parboil the brussels sprouts before finishing them off in a pan with a tiny bit of oil and other flavours like garlic, onions, sundried tomatoes, or toasted pine nuts or almond slices.

How to Chop Brussels Sprouts



Halves

For recipes that require chopping the brussels sprouts in half, cut lengthwise through the stem at the bottom.

Shredding

For recipes that require shredded brussels sprouts, cut off the tough part of the stem at the bottom. Then cut in half (see above). Set the cut side down and slice thinly.



Recipe of the month

September 2018

Oven Roasted Brussels Sprouts

Brussels sprouts are one of the easiest vegetables to prepare and cook. You don't need a lot of fancy ingredients – just some good ol' olive oil, salt and pepper is all you need to create a warm and delicious vegetable side dish for your fall time meals. Some would say that brussels sprouts taste bitter, but roasting it can bring out a natural sweetness that can turn any brussels sprouts hater into a lover!



Makes 4 servings
(Each serving is about 1 cup)

Ingredients:

1 pound	Brussels sprouts
2 tbsp	Extra virgin olive oil
1/3 tsp	Salt
1/4 tsp	Pepper

Directions:

1. Preheat oven to 400°F.
2. Wash and pat dry brussels sprouts with a paper towel. Cut brussels sprouts in half lengthwise. Then lay them out flat a non-stick baking sheet.
3. Drizzle oil and add salt and pepper to the brussels sprouts. Use your hands to mix until brussels sprouts are evenly coated with the oil. Then rearrange back into a single layer on the baking sheet.
4. Roast for about 30 minutes or until the outer leaves of the brussels sprouts start to brown and crisp and the inside is tender when poked with a fork.

Optional Toppings: lemon juice, balsamic glaze, grated Parmesan or crumbled feta or goat cheese, pine nuts or other chopped nuts, dried cranberries

Nutrition information (per serving):

110 calories, Fat 7g (9% DV), Saturated Fat 1g (5% DV), Protein 4g

Carbohydrate 10g, Fibre 4g (14%), Sugars 2g (2% DV)

Sodium 200mg (9% DV), Potassium 443mg (9% DV), Calcium 48mg (4% DV), Iron 2mg (11% DV)