

Brussel sprouts

Excellent source of Vitamins C and A



Brussels Sprouts in Garlic Butter

15 Brussels sprouts, halved lengthwise
1 ½ T. butter
1 ½ T. olive oil
3 cloves garlic, smashed flat

Fresh grated
Parmesan cheese,
optional

Melt butter and olive oil in a medium skillet (over medium-high heat) until butter is foamy. Reduce heat to medium, add smashed garlic and cook until lightly browned. Remove garlic and discard. Add sprouts cut side down, cover, and cook without stirring on medium-low heat 10-15 minutes or until tender when pierced with a knife. The cut side of the sprouts should brown with a nutty, buttery flavor enhanced by the garlic. Top with Parmesan. Makes 2- 4 servings.

Caramelized Brussels Sprouts with Lemon

¼ cup extra virgin olive oil
4 cups Brussels sprouts, trimmed and halved lengthwise
2 T. water
Juice of lemon half, about 1 T.

In a 12" nonstick skillet heat 3 T. olive oil over medium heat. Arrange Brussels sprouts in a single layer, cut sides down. Drizzle with remaining olive oil and sprinkle generously with salt and grind or two of black pepper. Cover and cook for 3 minutes. Remove lid and sprinkle sprouts with water. Cover and cook 2 minutes more. Sprouts should be just tender when pierced with a fork, and beginning to caramelize. Remove cover and increase heat slightly. When cut sides are well-caramelized, toss sprouts in pan, drizzle with lemon juice and sprinkle with salt pepper to taste. Makes 6 servings.

Sweet Brussels Sprouts

3 cups fresh Brussels sprouts
2 tsp. olive oil
2 small shallots, thinly sliced

½ cup fat-free, reduced-sodium chicken broth
⅛ tsp. nutmeg
Salt, to taste

Remove any yellow leaves from sprouts. Trim bottoms and, with tip of knife, make an X in stem end to help cook evenly. Place steamer basket inside pot. Add about 2 inches of water. Place sprouts on steamer. Cover and steam on high heat about 10 minutes, until crisp-tender. (Sprouts can also be steamed in microwave oven, in microwave-safe cookware.) Meanwhile, in medium skillet, heat oil. Add shallots and sauté about 2 minutes. When sprouts are done, add to shallots. Add broth. Cover and cook over medium heat 2 minutes. Remove cover and cook 1-2 minutes, until broth is absorbed. Season with nutmeg and salt, to taste. Makes 4 servings.

Brussels Sprouts with Rosemary

3 quarts water
1 tsp. salt
3 ¾ cups Brussel sprouts
1 T. olive oil
½ cup chopped turkey bacon

1 tsp. chopped fresh rosemary
½ tsp. pepper
½ tsp. salt
¼ cup toasted pine nuts

In covered 5- to 6-quart saucepot, heat water and salt to boiling on high. Meanwhile, pull off any yellow or wilted leaves from Brussel sprouts; trim stem ends. Cut each sprout in half. Add sprouts to boiling water and cook, uncovered, 5 minutes. Drain; plunge Brussel sprouts into large bowl filled with ice water to chill quickly. Drain well. If not continuing with recipe immediately, place sprouts in plastic storage bags and refrigerate until ready to use. In 12-inch skillet, heat olive oil on medium until hot. Add bacon; cook 2-3 minutes or until beginning to brown. Stir in rosemary and cook 1 minute. Add Brussel sprouts, pepper and salt, and cook on medium-high 5 minutes or until heated through, stirring frequently. Add pine nuts; toss to combine. Makes 8 servings.

Braised Brussels Sprouts

4 strips thick-sliced bacon, diced
2 lb. Brussels sprouts, trimmed and quartered
½ cup thinly sliced onion
¼ cup unsweetened apple juice
2 T. whole-grain mustard

1 Fuji apple, cored and diced
4 T. unsalted butter, diced
2 T. cider vinegar
Salt and pepper to taste

Cook bacon in a large sauté pan over medium heat until crisp, 7-10 minutes. Transfer bacon to a paper-towel-lined plate, then increase heat to high. Add Brussels sprouts and onion to drippings and cook until sprouts begin to brown, about 5 minutes; season with salt. Deglaze pan with apple juice, scraping up any browned bits on bottom. Add mustard, cover, reduce heat to medium-low and cook sprouts until nearly fork-tender, 6 minutes. Add diced apple, cover and cook until tender. 3 minutes. Stir in butter, vinegar and bacon, then season with salt and pepper. Makes 6 servings.

Shredded Brussels Sprouts

2 lb. Brussels sprouts
2 T. butter
2 T. olive oil
2 garlic cloves, minced

½ small red onion, thinly sliced
¼ tsp. each salt and pepper
¼ cup + 2 T. red wine vinegar
1 ½ T. packed brown sugar

Rinse sprouts; remove yellowed or discolored leaves. Cut off stem ends, and thinly slice. Heat butter and oil in a large skillet over medium-high heat until hot. Add shredded sprouts, garlic and onion. Sauté 8-10 minutes or until tender and onion is lightly caramelized. Season with salt and pepper; transfer to serving below. Ad

Parmesan Brussels Sprouts

½ cup vegetable oil
1 cup panko breadcrumbs
1/3 cup freshly grated Parmesan
1 T. Cajun seasoning

1 lb. Brussels sprouts, trimmed
½ cup all-purpose flour
2 large eggs, beaten

Heat vegetable oil in a large skillet over medium high heat. In a large bowl, combine panko, Parmesan and Cajun seasoning; set aside. Working in batches, dredge sprouts in flour, dip into eggs, then dredge in panko mixture, pressing to coat. Add sprouts to the skillet, 5 or 6 at a time, and cook until evenly golden and crispy, about 2-3 minutes. Transfer to a paper towel-lined plate. Serve immediately. Makes 6 servings.