

Brussels Sprouts

Did you know?

- One cup of raw brussels sprouts has MORE vitamin C than a cup of orange juice!
- One cup of brussels sprouts (about 10 balls/sprouts) has 162% of your Daily Value of Vitamin C and 274% of your Daily Value of Vitamin K.



But what does that mean?

- Brussels sprouts keep your immune system healthy, helps you absorb iron, and may help prevent cardiovascular disease (Vitamin C).
- Brussels sprouts help healthy blood & less blood loss with wounds/cuts (Vitamin K).
- They can decrease your risk of heart disease & dementia; help prevent anemia; and, for pregnant women, help prevent defects of brain & spinal cord in fetus (Folate).

Storage tips

- Refrigerate your brussels sprouts in a Ziploc bag. They will last about 3-4 days.
- Freeze your brussels sprouts in a Ziploc bag. They will last about a year!



Quick prep

- You can steam, roast or eat brussels sprouts raw.

Don't miss out on brussels sprout season from September to February!

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Easy Roasted Brussels Sprouts

Ingredients

- 1 pound of brussels sprouts
- 1 tablespoons of butter
- 1 tablespoon of oil
- 1/4 tablespoon of salt
- 1/4 tablespoon of pepper



Instructions

1. Heat the oven to 425 degrees Fahrenheit.
2. With a knife chop each of the brussels sprouts in half. Transfer brussels sprouts to a bowl.
3. Turn the stove top to high. Drop butter into pan and melt. Once butter is melted add olive oil.
4. Let butter and oil mixture cool. Transfer butter and oil to bowl with brussels sprouts. Mix in salt and pepper.
5. Transfer coated brussels sprout to an oven safe dish.
6. Put in oven for 20-25 minutes, or until brown and soft.
7. Serve while still warm.



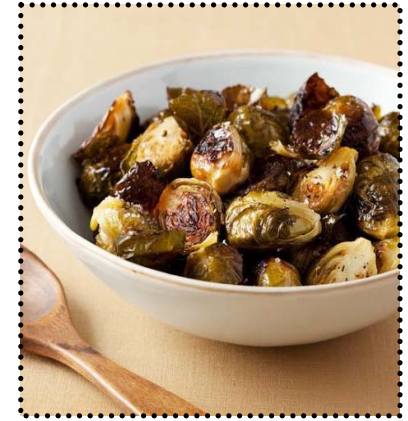
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