

## OCTOBER AND NOVEMBER ARE ALL ABOUT BRUSSELS SPROUTS!

Love them or hate them, brussels sprouts make an appearance at almost every Thanksgiving dinner.

Brussels sprouts are a member of the Brassicaceae family of vegetables and closely related to kale, cauliflower and mustard greens. These cruciferous vegetables resemble mini cabbages that grow on thick stalks with leafy green leaves. Brussels sprouts grow clustered together up and down woody stalks. The stalks can grow 45" tall!

Brussels sprouts are good for kids because of their folate content which supports brain development. Brussels sprouts also help the promotion of healthy gut bacteria and gastrointestinal (stomach) wellbeing with its fiber content. Healthy gut bacteria are necessary to regulate bad bacteria that can cause stomach issues.

Brussels sprouts are high in fiber, vitamins, minerals and antioxidants, making them a nutritious addition to your diet. They are low in calories but high in fiber, vitamins and minerals. Due to its richness in Vitamin C, Brussels sprouts act as powerful anti-oxidants and thus helping organs to function properly thereby eradicating any chance of diseases caused by the accumulation of unnecessary fat around the critical organs. Brussels sprouts are also rich in protein which again makes it a natural choice as a good plant source of protein. Plant sources of protein are easily digestible especially for children.



To prep brussels sprouts, trim the end and slice off the stem. Remove the outer loose or discoloured leaves and cut each sprout in half.

### Roast them!

Drizzle with olive oil, sprinkle with salt & pepper and roast at 425° for 30 minutes.

### Candy Them!

Dust brussels sprouts with olive oil, brown sugar and a pinch of salt. Microwave for 5 minutes.

### Stir Fry Them!

Add brussels sprouts to your stir fry! They are delicious with sweet onions, carrots and snow peas.

### Shake & Bake Them!

Place brussels sprouts, olive oil, breadcrumbs and dash of salt & pepper in a resealable bag and shake to coat. Bake at 400° for 30-45 minutes.

# ROASTED BRUSSELS SPROUTS WITH BALSAMIC GLAZE

## Ingredients

- 1½ lbs brussels sprouts, halved
- 1 tsp kosher salt
- ½ tsp fresh cracked pepper
- 2 tbsp olive oil
- 3 tbsp balsamic glaze

## Directions

- Preheat oven to 425 degrees.
- Place halved brussels sprouts on a large rimmed sheet pan.
- Drizzle with olive oil and sprinkle with salt & pepper.
- Toss together until evenly coated. Spread out on the pan to avoid overcrowding.
- Bake for 20-25 minutes, tossing halfway through, until fork tender and browned.
- Drizzle with balsamic glaze and serve.

# PARMESAN BRUSSELS SPROUTS

## Ingredients

- 12 oz brussels sprouts, halved or quartered depending on size
- 2 tbsp olive oil
- Kosher salt & freshly ground black pepper
- 1 cup shredded parmesan
- Nonstick cooking spray

## Directions

- Put 10" cast-iron skillet in the oven and preheat the oven to 425 degrees.
- Toss the brussels sprouts with the olive oil in a medium bowl.
- Season lightly with salt & pepper.
- Add the parmesan and toss together.
- Carefully remove the hot skillet from the oven and spray with the cooking spray.
- Add the brussels sprouts mixture in an even layer.
- Bake until the brussels sprouts are tender and browned, 20-25 minutes.