

CSFP Newsletter

Nutrition Information and Resources for Minnesota CSFP Clients

Brussel Sprouts: No Longer A Detested Vegetable



Brussels sprouts are part of the cabbage family and look like little baby cabbages themselves. Other cruciferous (meaning related to the cabbage family) vegetables include kale, broccoli, and cauliflower.

In Minnesota, Brussel sprouts are a fall crop because they tolerate cooler temperatures. The flavor of the Brussel sprouts is further enriched as temperatures drop. These are one of the last vegetables that are harvested and oftentimes are harvested after a light snowfall.

Look for Minnesota grown Brussel sprouts at Farmer's Market this fall, but you can get them year-round at the local grocery store.

Tip: Look for small sprouts, which are sweeter and more tender than large ones. Large sprouts are slightly woodier and more fibrous.

Brussel sprouts have long had a bad reputation for being bitter and mushy when prepared, because many people simply don't know how to prepare them to improve their flavor. A more appetizing method is to roast them in the oven or sauté' in a pan on the stovetop with some extra virgin olive oil and salt and pepper, or your favorite seasonings.

While roasting, they undergo a transformation that enhances the flavor and texture. The high heat from the oven (or sautéing in a pan) caramelizes the sugars in the sprouts, and creates a delicious, slightly sweet, and crispy exterior while the interior becomes tender and creamy.

Health Benefits

- A 1/2 cup serving of cooked Brussels sprouts provides approximately 53% of the recommended daily value (DV) of vitamin C.
- The high fiber content supports a healthy digestive system.
- Vitamin K helps to avoid chronic, excessive inflammation in the body.
- Brussels sprouts are a good source of fiber and potassium, and they're an excellent source of vitamin C, vitamin A, vitamin K, and folate. Research shows that cruciferous vegetables may help protect against cancer and cardiovascular disease.

Recipe: Roasted Brussel Sprouts and Carrots



Ingredients and How to Make It:

- **Brussels sprouts:** Always wash them and pat dry beforehand. Try to get them all the same size so they roast evenly.
- To cut the larger ones, trim the bottom first. Then slice them in half lengthwise. No need to cut the tiny ones in half.
- **Carrots:** Peel and slice into equal pieces.
- **Olive oil** — or a neutral oil of your choice (vegetable, peanut or cottonseed).
- **Salt, pepper, garlic powder**, or any combination of your favorite seasonings.
- On a sheet pan lined with aluminum foil (for easy clean up), toss the vegetables in the oil and sprinkle lightly with your favorite seasonings. **Tip:** The salt draws out moisture and helps with caramelization, resulting in a crispier exterior and a more flavorful interior.
- In a 450° oven (yes, high heat), roast the vegetables 15-18 minutes until golden brown and crispy.
- Serve as a side dish to any meal. Other root vegetables pair nicely with this combination (fresh onions, potatoes or cauliflower) as do fresh herbs, or a squeeze of fresh lemon or lime juice.

References:

1. *Brussels sprouts, raw nutrition facts and analysis*. (n.d.). https://www.nutritionvalue.org/Brussels_sprouts%2C_raw_nutritional_value.html
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3. *Brussels sprouts — Good things come in small packages*. (n.d.). <https://www.todaysdietitian.com/newarchives/070114p66.shtml>
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