

# BRUSSELS SPROUTS



## HOW DO THEY TASTE?

Brussels sprouts have a bitter taste when eaten raw and a sweet and nutty taste when cooked.

## HOW DO I PICK THEM?

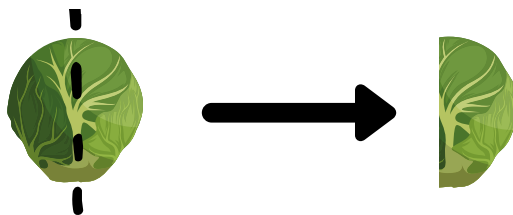
Choose Brussels sprouts that are a bright green color with the leaves tightly stuck together.

## HOW DO I STORE THEM?

Store Brussels sprouts in a plastic bag in the crisper drawer of your refrigerator for up to 1 week.

## HOW DO I PREPARE THEM?

1. Rinse under cold running water.
2. Use a small knife to remove the stem and then discard.
3. Remove any yellow or bruised leaves.
4. Slice in half or leave whole.



Brussels sprouts can be enjoyed on their own **roasted, grilled, or steamed**. Try adding them to a **salad** or **stir-fry**, too.



## LEMON GARLIC ROASTED BRUSSELS SPROUTS

### Ingredients:

1 pound Brussels sprouts  
1 1/2 tablespoons olive oil  
Juice of 1 lemon  
1/4 teaspoon garlic powder  
Salt and pepper to taste

### Directions:

1. Preheat oven to 400°F.
2. After rinsing Brussels sprouts, cut off the stems and cut in half. Remove any yellow or bruised leaves.
3. Place the halves on a pan lined with parchment paper or foil and drizzle with olive oil.
4. Sprinkle lemon juice, garlic powder, salt, and pepper, and toss to coat all the pieces.
5. Cook in the oven for about 25 minutes, flipping halfway through, until the Brussels sprouts are golden brown and crispy.
6. Serve warm and enjoy!

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## KITCHEN TIP!

Try to purchase Brussels sprouts that are the same size so that they cook evenly.