



Brussels Sprouts



Brussels Sprouts are related to broccoli, cabbage and kale. They are named after Brussels, Belgium. Available locally in-season in the fall, but can be found year-round in the grocery store.

Used in:

Salads, side dishes, casseroles, stir fries, soups

What do they taste like?

Brussels sprouts taste similar to cabbage but a little milder. When cooked they have a sweet and nutty taste.

How do I store, save, and freeze them?

If Brussels sprouts are attached to the stem, first remove and discard the stem. Store Brussels sprouts, unwashed, in a plastic bag in the crisper drawer of your refrigerator for up to 1 week. Wash and peel when ready to use. To freeze, trim, removing coarse outer leaves and then rinse under running water. Sort into small, medium, and large sizes for blanching. Bring a pot of water to a boil. Use 1 cup of water for each cup of Brussels sprouts. Drop in sprouts, bring water back to boil within a minute, and start timing from that point. Blanch small sprouts for 3 minutes, medium for 4 minutes, and large for 5 minutes. Immediately cool in ice water after blanching. Drain, pat dry, and pack in a freezer safe container leaving as little air space as possible. Date, label, and freeze. Use within 8-12 months.

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.

How do I cook them?

Microwave: Put 10-12 medium-sized Brussels sprouts in a microwave-safe dish; cover with a $\frac{1}{4}$ cup water, cook until tender. Medium-sized sprouts will take about 4 minutes. Season as desired.

Roast: Pre-heat oven to 425. Cut sprouts in half and toss in olive oil, lay flat on a baking sheet and add seasoning to taste. Roast for 25 minutes flipping sprouts halfway through until golden brown and crispy.

Stove Top: Bring a pot of water to a boil. Add a pinch of salt. Place washed sprouts in pot and cook for about 10-15 minutes until tender. A knife will easily cut through them. Season as desired.

Seasoning ideas: Garlic, lemon, thyme, or onion



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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Brussels Sprouts from SNAP-Ed NY:



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