

Nutrition Education

Brussels Sprouts

No one seems to know where Brussels sprouts originated but it is assumed they came from Belgium where Brussels is the capital city. In parts of Europe they are also known as "Brussels cabbage", which seems appropriate since they are a subspecies of the common cabbage and look like a tiny head of cabbage.

Brussels sprouts are nutritious as they provide vitamin A, vitamin C, folate and potassium. Research suggests that they may also provide protection against some forms of cancer. When selecting Brussels sprouts, look for small sprouts with tight heads. Small sprouts yield a more tender texture and the tight heads help indicate freshness. Store your Brussels sprouts unwashed in an airtight container or plastic bag. Keep them in the refrigerator for a maximum of three days. After that, the Brussels sprouts begin to develop a very strong flavor.

The key to cooking Brussels sprouts is in not overcooking them. The leaves cook faster than the core, so cut an X in the bottom of the stem for even cooking when cooking the sprouts whole. As a rule, when Brussels sprouts have lost the bright green color, they are overcooked and have lost a considerable amount of nutritional value as well.

Easy Roasted Brussels Sprouts

1 pound (or more if you wish) of Brussels Sprouts
extra virgin olive oil
salt and pepper

Heat oven to 350 degrees F. Cut off the ends and any loose leaves on the Brussels sprouts and then cut them in half. Place Brussels sprouts in a rimmed baking sheet and drizzle with enough extra virgin olive oil to coat the Brussels sprouts; sprinkle in a small amount of salt and pepper. Mix up with your hands and roast until fork tender, about 30 minutes. Turn while roasting as needed.

