

BRUSSELS SPROUTS



Wendy Says: They are the best when roasted, grilled,



NUTRITIONALLY DELICIOUS!

Brussels Sprouts are filled with Vitamin K, Vitamin A, Vitamin C and Fiber

They contain **PHYTONUTRIENTS**, which help prevent diseases!

Vitamin K helps keep your blood and bones healthy!

Vitamin A promotes good vision, helps keep your teeth and skin healthy!

Vitamin C is helps keep you from getting sick, and to maintain the health of your bones and teeth!

Fiber is an important nutrient that helps with moving everything you eat through your digestive system and it helps us feel full!

What is the strongest vegetable?

Muscle Sprouts!

What is the sound kids make who love their vegetables?

Brussel Shouts!

Try These Recipes!

Roasted Brussels Sprouts

Ingredients

- 1 1/4 pounds Brussels sprouts
- 1 Tablespoon oil
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 teaspoon lemon juice

Directions

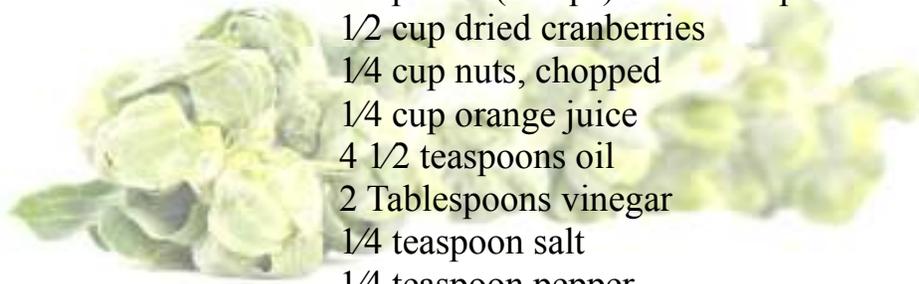
1. Preheat oven to 400 degrees F.
2. Wash and trim Brussels sprouts. Cut large Brussels sprouts in half from top to bottom; leave small Brussels sprouts whole.
3. In a large bowl, toss Brussels sprouts with the oil, salt, and pepper.
4. Place Brussels sprouts in a single layer on a large baking sheet. Lining the baking sheet with foil or baking parchment will help with clean-up.
5. Roast for 20 to 30 minutes, stirring once after 10 to 15 minutes. Sprouts should be tender and browned.
6. Remove from oven and drizzle with lemon juice.



Brussels Sprouts, Cranberry and Bulgur Salad

Ingredients

- 1/3 cup dried bulgur
- 1 cup boiling water
- 1/2 pound (2 cups) Brussels Sprouts
- 1/2 cup dried cranberries
- 1/4 cup nuts, chopped
- 1/4 cup orange juice
- 4 1/2 teaspoons oil
- 2 Tablespoons vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Directions

1. Cover bulgur with boiling water and let stand until soft, about 30 minutes. Pour off any excess water.
2. Rinse and trim Brussels sprouts. Cut in half lengthwise then slice crosswise into thin strips.
3. In a large bowl combine bulgur, Brussels sprout strips, cranberries and nuts.

Roasted Honey Mustard Brussels Sprouts

Ingredients

- 2 cups Brussels sprouts, halved
- 2 teaspoons margarine or butter, melted
- 3 teaspoons honey
- 1 teaspoon prepared mustard
- 1/2 teaspoon onion powder

Directions

1. Preheat oven to 425 degrees.
2. Mix margarine, honey, mustard and onion powder in a large bowl. Set aside.
3. Spread sprouts on baking pan and roast for 10 to 15 minutes or until tender.
4. Add roasted sprouts to the mustard mixture and stir until evenly coated. Serve warm.