



Brussels sprouts

Why brussel sprouts are a smart choice

This cruciferous vegetable is part of the same family as kale and broccoli and it's packed with vitamin C.¹ Eating it regularly can help you fight infections, cancer and even prevent the common cold, thanks to its anti-oxidant nature.² Brussels sprouts are also packed with more protein than other greens, making it a great supplement to any diet.² Plus, you also get a boost of vitamin K which can help prevent blood clots.³



Roasting brussels sprouts can highlight their sweet and nutty flavor, making them a great side dish anytime of the year. Enjoy!



Smart eats for better health

Roasted brussels sprouts with garlic⁴

Ingredients

1 pint brussels sprouts
(about a pound)
4 to 6 tablespoons extra virgin
olive oil, to coat bottom of pan
5 cloves garlic, peeled
Salt and pepper to taste
1 tablespoon balsamic vinegar

Directions

1. Heat oven to 400 degrees. Trim bottom of brussels sprouts and then slice each in half, top to bottom.
2. Heat oil in cast-iron pan over medium-high heat until it shimmers.
3. Put the sprouts, cut side down, in one layer in the pan.
4. Add in garlic and sprinkle with salt and pepper.
5. Cook, undisturbed, until sprouts begin to brown on bottom and transfer to oven.
6. Roast, shaking pan every 5 minutes, until sprouts are brown and tender, about 10 to 20 minutes.
7. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

A recipe for better health

Nutritional information — per serving; serving size 1 cup; makes 4 servings
Calories 208; Total fat 17 g; Carbohydrates 12 g; Protein: 4 g; Fiber 4 g.

Sources

- 1 Nutrition Facts website: Brussels sprouts (accessed September 2017): nutritionfacts.org.
- 2 Medical News Today website: Brussels Sprouts: Health Benefits and Nutritional Information (accessed September 2017): medicalnewstoday.com.
- 3 Web MD website: Vitamin K (accessed September 2017): webmd.com.
- 4 New York Times Cooking website: Roasted brussels sprouts with garlic (accessed September 2017): cooking.nytimes.com.