



Brussels Sprouts, Fresh

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of raw Brussels sprouts counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Brussels sprouts are an important source of many nutrients including fiber, vitamins C and K. Vitamin C helps to boost the immune system.

Uses and Tips

- Not sure if you're a fan of Brussels sprouts? Try steaming, roasting, or cooking Brussels sprouts using different herbs and spices until you find the cooking method and flavor you like best.
- If you don't have time to use Brussels sprouts before they go bad, you can freeze them to use another day. For best results, wash and trim the Brussels sprouts as desired. Blanch them by submerging in boiling water until just tender (about 2-4 minutes). Immediately cool in ice water, drain, and freeze for up to 6 months.

Storing Foods at Home

- Do not wash Brussels sprouts until ready to eat.
- Brussels sprouts should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Warm Brussels Sprouts and Apple Salad

Makes 4 servings

Ingredients:

- 1 pound Brussels sprouts, shredded
- 1 tablespoon vegetable oil
- 1 large apple, chopped
- 2 cloves garlic, minced
- 1 tablespoon molasses or honey
- Salt and pepper, to taste

Directions: Wash hands with soap and water.

1. Remove stems from Brussels sprouts and cut the Brussels sprouts in half lengthwise.
2. Take each half and cut them into several 1/8-inch slices and set aside. This will give a shredded texture.
3. Heat vegetable oil over medium heat.
4. Add garlic and apple, stirring until apple softens.
5. Add molasses or honey, stir, and remove mixture from pan.
6. In the same pan, without cleaning, turn heat to medium-high.
7. Add shredded Brussels sprouts and cook until lightly browned, about 2-3 minutes.
8. Use salt and pepper to taste.
9. Add in apple mixture and serve immediately.

Recipe adapted from Oregon State University/Linus Pauling Institute

Roasted Honey Mustard Brussels Sprouts

Makes 5 servings

Ingredients:

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

Directions: Wash hands with soap and water.

1. Preheat oven to 425 degrees F.
2. Mix butter, honey, mustard, and onion powder in a large bowl. Set aside.
3. Spread Brussels 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.

Recipe adapted from FoodHero.org