

Brussels Sprouts



Cut off the ends. And peel away any brown leaves.



Cut in half, unless they are small.



Boil for about 10-15 minutes.



Nutrition: Brussels sprouts are low in fat, high in fiber and are an excellent source of vitamins.

Storage: Raw - store in a perforated plastic bag in the refrigerator for four days. **Cooked** - will keep for three days refrigerated. If you want to freeze Brussels sprouts, blanch them first for three to five minutes.



Roasted Brussels Sprouts

Ingredients:

- 1 1/2 pounds Brussels sprouts, ends trimmed
- 3 tablespoons oil (olive oil if available)
- 1 teaspoon salt (kosher salt if available)
- 1/2 teaspoon freshly ground black pepper

Directions:

1. Preheat oven to 400 degrees F.
2. Combine ingredients in a large bowl. Mix well until the Brussels sprouts are coated.
3. Pour onto a baking sheet, and place on center oven rack.
4. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Brussels sprouts should be dark brown, almost black when done. Adjust seasoning with kosher salt, if necessary.
5. Serve immediately.