

Brussels Sprouts & Cabbage



Members of the Cruciferae family, Brussels sprouts and cabbage are fresh, hearty vegetables great for cold-weather meals

- **Season:** Peak season late fall through winter (September to mid-February)
- **Health Benefits:** Rich in phytonutrients which may be protective against cancer. High in vitamins A & C, potassium, folate, iron, and fiber. Bonus: red cabbage contains more than twice as much vitamin C as green cabbage!
- **How to Purchase:** When purchasing cabbage look for firm heads with shiny, crisp, and colorful leaves free of cracks and blemishes. Outer leaf damage is usually indicative of inner leaf damage also. Avoid buying pre-cut cabbage, including halved, since the cabbage begins to lose valuable nutrient content once cut. When choosing Brussels sprouts, the most tender are only 1 to 1-1/2 inches each. Make sure to choose sprouts that are firm and green and similar in size so they cook evenly.
- **Storage:** Keep cabbage in an airtight plastic bag in the crisper of your refrigerator. Full cabbage can remain fresh for up to 2 weeks. Store half-head or wedges of cabbage covered tightly with plastic wrap in the refrigerator. Cut cabbage should be used within a couple of days. Store Brussels sprouts in a produce bag in the coldest part of the refrigerator. Brussels sprouts usually last a couple of weeks however, it is recommended to cook them as soon as possible.
- **Preparation:** When preparing cabbage remove the thick outer leaves, cut into pieces and wash very well under running water. Use a stainless steel knife when cutting cabbage because phytonutrients can react with steel turning the leaves black. When cooking Brussels sprouts, wash and pat dry, then make an X in the sprouts to allow them to heat evenly.



Top 10 Ways to Enjoy Brussels Sprouts....

1. Roast at 400 degrees for 40 minutes. Toss with a small amount of olive oil before baking.
2. Add steamed sprouts to your favorite pasta dish
3. Make vegetable kabobs. Marinate Brussels sprouts, bell peppers, and mushrooms in low fat Italian dressing and thread onto skewers. Place on grill for 2 minutes on each side or until sprouts are soft.
4. Blanch in boiling water for 5 minutes. Saute with garlic and onion. Add vinegar and toss.
5. Add chopped Brussels sprouts to your favorite vegetable pot pie recipe.
6. Add them to your stir-fry.
7. Boil and coat with a mixture of vegetable broth and mustard.
8. Halve Brussels sprouts and steam until soft. Top with grated low-fat cheese.
9. Make candied Brussels sprouts by dusting with brown sugar and a pinch of salt. Microwave for 5 minutes and serve hot.
10. Place Brussels sprouts, olive oil, bread crumbs, and a dash of salt and pepper in a large resealable bag and shake to coat. Bake at 400 degrees for 30 to 45 minutes, or until dark brown.

For cabbage recipes, check out the nutrition page on the ALIVE website at:
<http://thealiveproject.org/get-started/nutrition/>