



Brussels Sprouts



Nutrition Benefits:

- Brussels sprouts contain kaempferol, an antioxidant that may reduce cancer growth, decrease inflammation and promote heart health.
- 1 cup of cooked Brussels sprouts contains almost double the daily recommended serving of Vitamin K! This nutrient is important in blood clotting.
- With 100% of your daily needs of Vitamin C in 1 cup cooked sprouts, these mini cabbages play a big role in immune function and wound healing.
- Brussels sprouts are an excellent source of folate, which helps prevent infant neural tube defects.



Try it at Home!

Roasted Parmesan Brussels Sprouts

Ingredients

- 1 ½ lbs brussel sprouts (trimmed & halved)
- 2 tablespoons olive oil
- 1/3 cup parmesan cheese
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper



Instructions

1. Heat oven to 425 degrees. Very lightly spray a cookie sheet with cooking spray.
2. In a bowl, combine Brussels sprouts (that have been halved and ends trimmed) with the remaining ingredients. Toss together to coat all the Brussels sprouts.
3. Spread onto the cookie sheet making sure they are not touching.
4. Cook for 16-18 minutes. Serve immediately.

Fun Facts

1. These little sprouts actually are named after Brussels, the capital of Belgium, where they were a popular 16th Century crop.
2. Brussels sprouts resemble mini cabbages because they both belong to the same family of cruciferous vegetables.
3. When properly cooked, Brussels sprouts have a mildly sweet and nutty flavor. Overcooked sprouts have a characteristic pungent aroma due to nutrients called glucosinolates, which contain sulfur.
4. The glucosinolates, which gives Brussels sprouts their unique sensory characteristics, may also help lower cancer risks by preventing DNA damage.
5. Steam-cooking fresh Brussels sprouts actually may enhance their cholesterol-lowering powers.

References:

- <https://www.healthline.com/nutrition/benefits-of-brussels-sprouts#section2>
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- <https://hitchcockfarms.com/brussels-sprouts-25-fun-and-surprising-facts/>
- <https://togetherasfamily.com/oven-roasted-parmesan-brussel-sprouts/>

