

BRUSSELS SPROUT



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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CHARACTERISTICS

- Brussels sprouts are in the same family as cabbage, cauliflower and broccoli.
- Select Brussels sprouts that are vivid green, tightly closed, and hard when you squeeze them. Avoid Brussels sprouts with yellowing leaves or black spots. You can purchase them both on or off of the stalk that they grow on.
- 1 cup of cooked brussels sprouts contains:
 - 274% of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones
 - 162% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.



PREPARE

Wash brussels sprouts well in cold running water and pat them dry. Trim the stem end of brussels sprouts and remove any loose, yellowing or shriveled leaves.

Try brussels sprouts:

- *Roasted*, by themselves or with other vegetables
- *Boiled or steamed*
- *Raw, shredded* to make a slaw

STORE

- If you purchase Brussels sprouts on the stalk, cut them off before storing. Otherwise, leave Brussels sprouts intact until you're ready to cook them.
- Brussels sprouts should be refrigerated in a tightly sealed bag for 7-10 days.
- Brussels sprouts will be at their best within the first few days.