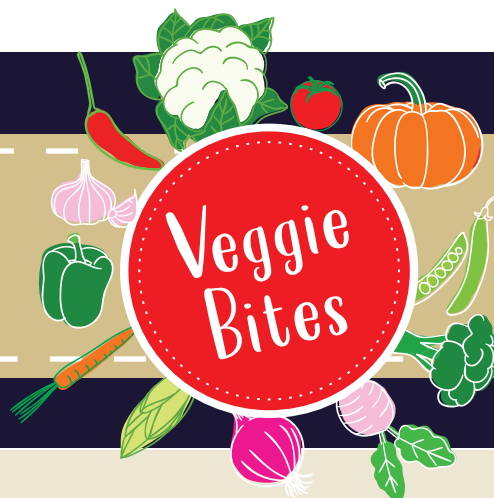


Brussel Sprouts

Coles de Bruselas



Try It!



BRUSSEL SPROUTS WITH MUSHROOM SAUCE

Ingredients

- 2 cups Brussel sprouts
- 1/2 cup chicken broth, low-sodium
- 1 teaspoon lemon juice
- 1 teaspoon brown mustard (spicy)
- 1/2 teaspoon thyme (dried)
- 1/2 cup mushroom (sliced)

Instructions

1. Trim Brussel sprouts and cut in half. Steam until tender—about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the Brussel Sprouts
6. Toss well to coat with the sauce

Selection

When purchasing Brussel sprouts make sure they are green and firm with no browning. Most Brussel sprouts are grown in California. They are available all year long, but their peak growing season is fall to early spring.

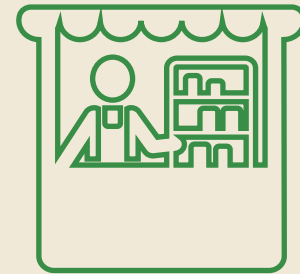
Uses

Brussel sprouts can be steamed, boiled, or microwaved. They make a tasty addition to soups, stews, and casseroles.

History & Fun Facts

Brussel sprouts were named after the capital of Belgium where it is thought they were first grown. They are one of the few vegetables that originated in northern Europe. French settlers in Louisiana introduced Brussel sprouts to America.

Brussel sprouts are vegetables which grown as small leafy heads on plant stems.



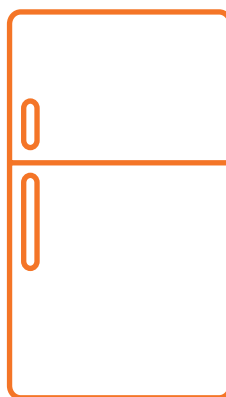
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Do not wash produce before storing but wash it right before you are going to eat it.
- Fresh fruits are best stored in a clean refrigerator.
- Store fruits in a separate drawer from vegetables.
- Eating 2 cups of fruit a day is the best way to maintain a healthy diet.



NUTRITION FACTS

- _____ Fat free
- _____ High in potassium
- _____ Good source of Vitamin C
- _____ Good source of Vitamin A
- _____ Good source of vegetable protein



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

Amanda Miller | Extension Fond du Lac County
FoodWise Coordinator and Health & Wellbeing Educator
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

Amber Bodart | Downtown Fond du Lac Partnership, Inc.
Director of Communication and Special Events
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; Recipe: whatscooking.fns.usda.gov
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