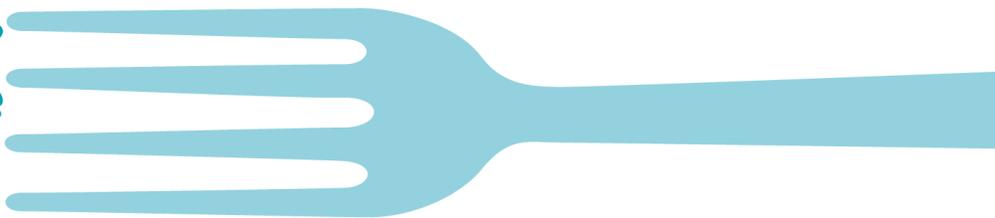


Harvest of the Month



December Brussels Sprouts



Pick:

- Choose small, firm, compact sprouts with unblemished leaves.
- If possible, select sprouts that are still attached to the stalk.

Store:

- Sprouts that are still on the stalk will keep for several days in the refrigerator. If sprouts have been removed from the stalk, use within 3-5 days.

Prepare:

- Remove from the stalk with a sharp knife.
- Remove any discolored outer leaves, and prepare as desired!
- If cooking whole sprouts, cut an X in the base to ensure even cooking.

Nutrition Info

One cup of cooked Brussels sprouts has 60 calories and provides vitamin C and A.

Fun Facts

Brussels Sprouts got their name from Brussels, Belgium, where they originated!

One serving of Brussels sprouts contains as much vitamin C as an orange.

In Wisconsin, peak Brussels sprout season is from about September through December. Look for them at winter farmers' markets!

Uses

Sprouts can be baked, roasted, steamed, or sautéed. The method of cooking greatly influences the flavor. If you don't like them steamed, try them roasted or caramelized (see recipe on the back of this sheet)!

Try adding sliced sprouts to soups, casseroles or stews!

Roast sprouts with potatoes, or try them steamed with other colorful vegetables.

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! *Each month we'll ask a new question...and give you a new chance to win!*

Here's This Month's Question:

What is your favorite holiday vegetable side dish or fruit-based dessert (please include recipe)? Lighter versions (lower in fat and/or sugar) are particularly welcome.

To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than December 31st, 2013 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Nutrition Facts

Serving Size (98g)
Servings Per Container

Amount Per Serving

Calories 170 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 26g **9%**

Dietary Fiber 4g **16%**

Sugars 19g

Protein 3g

Vitamin A 10% • Vitamin C 90%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Caramelized Brussels Sprouts

Serves 4

Ingredients:

- 2 tsp. olive oil
- 1 clove garlic, minced
- 14 large Brussels sprouts, thinly sliced
- 1/8 tsp. salt
- 2 Tbsp. brown sugar
- 1/4 cup roughly chopped walnuts
- 1/2 cup craisins

Directions:

In a large skillet, heat olive oil over medium high and sauté the garlic for 30 seconds. Add the Brussels sprouts and continue sautéing for another 4-5 minutes, until bright green and tender. Stir in salt, brown sugar, walnuts and craisins.

For more information on Farm2School & Foot Steps to Health visit www.getactivewisconsin.org!

Color
Brussels
Sprouts!

