

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



Salmon with Lime & Brussels

**CHECK OUT PAGE 3!
YOU WILL FIND OTHER WAYS TO
USE BRUSSELS SPROUTS AND
ADDITIONAL SIDE DISH IDEAS.**

Ingredients:

- 1 ½ Tbsp. soy sauce**
- 3 Tbsp. olive oil**
- 1 Tbsp. honey**
- 1 Tbsp. lime juice (1 lime)**
- 2 tsp. garlic powder**
- 4 (5 oz.) skin-on salmon fillets**
- 2½ cups butternut squash, peeled and cubed**
- 12 oz. Brussels sprouts, trimmed and halved**
- ½ tsp. black pepper**
- ¼ tsp. paprika**

Directions:

1. Preheat oven to 400°F. Coat 13x9 or 15x10 inch sheet pan with cooking spray.
 2. Combine soy sauce, 1 Tbsp. olive oil, honey, lime juice, 1 tsp. garlic in a large mixing bowl. Place salmon in mixture, turn to coat each piece in marinade and set aside.
 3. In another bowl, mix 2 Tbsp. oil, 1 tsp. garlic powder, butternut squash, brussels sprouts, pepper, and paprika. Toss to coat and spread on baking sheet. Bake for 12 minutes.
 4. Place marinated salmon fillets in center of baking sheet (arrange roasting vegetables around outside area of pan). Discard any unused marinade.
 5. Bake for 15 minutes. Remove from oven and serve salmon with roasted vegetables.
- Note: Salmon should flake apart with fork when done cooking and thickest part of fillet should reach 145°F.

Eat what's in season... *Brussels Sprouts*

Brussels sprouts can be used raw by thinly slicing them and tossing them with other shredded vegetables like cabbage, carrots, or beets and topped with salad dressing. Roasting in the oven, boiling over the stove, steaming in the microwave, and heating them in the skillet are additional options for prepping sprouts. To prepare - cut sprout tip off, remove leaves that are loose or that have bad spots, and rinse under cool water prior to eating.

Do not wash sprouts until you are ready to use them.

Selection:

Look for bright green and firm sprouts. Avoid sprouts with loose leaves. Brussels sprouts flavor often improves in cool weather and after a frost.

Storage:

If purchasing Brussels sprouts on the stem, remove from stem and discard stem prior to storing. Store sprouts with a damp towel in a plastic bag in the refrigerator. You can also use a ventilated bag and refrigerate for about 1 week.



Did you know?

The "s" on the end of Brussels is not in error. Brussels sprouts are named after Brussels, Belgium.



Brussels Sprouts Hash

Ingredients:

- 2 Tbsp. butter**
- 2 cups brussels sprouts, thinly sliced**
- 2 large potatoes, diced**
- 1 large onion, diced**
- 4 large eggs**
- Pepper to taste**



Directions:

1. Melt butter in large skillet over medium-low heat. Add Brussels sprouts, potatoes, onions, and season with pepper. Cook, stirring occasionally, until tender- about 15-20 minutes.
2. Once potatoes are tender, make four holes (pockets) into vegetable mixture for eggs.
3. Crack eggs into vegetable hash and cook until whites are set and yolks remain somewhat runny- 4-5 minutes.
4. Season with pepper to taste.

Side Dish Spotlight:

Below are additional recipes using Brussels sprouts and other foods that provide Vitamin K, the nutrient highlighted on page 4!

Steamed Brussels

Follow prep instruction from pg.2 and then cut each Brussels sprout in half from top to bottom. Place sprouts in pot, cover bottom layer of sprouts with water, cover pot with lid. Place over high heat and cook for 5 minutes or purchase frozen Brussels sprouts that can be steamed in microwave.

Toss with your favorite oils and seasonings to serve!



Sautéed Cabbage

Ingredients:

- 10 cups shredded cabbage (can use green, white, red)
- 2 Tbsp. Olive or Canola oil
- ¼ tsp. garlic powder
- ½ tsp. salt
- 1 tsp. black pepper
- Pinch of crushed red pepper flakes
- Half of a lemon, cut into wedges

Shred cabbage following instructions on pg. 4. Heat Olive oil in large skillet over medium-low. Add cabbage, garlic powder, salt, and black pepper, red pepper flakes. Sauté 8-10 minutes until cabbage is wilted and tender.

Try This!

Add other vegetables you have on hand like zucchini, bell peppers, onions, Brussels sprouts, and carrots.

Leftovers?

Use cabbage mixture to top your next sandwich, in your next soup or casserole to incorporate more vegetables and help stretch the dish.

Cabbage & Brussels Sprouts Slaw

Ingredients:

- ¾ - 1 lb. red cabbage, shredded
- ¾ - 1 lb. Brussels sprouts, trimmed & shredded
- 3 medium carrots, grated
- 1 large apple, cut into matchsticks
- ½ cup pecan halves or slivered almonds
- ¼ cup sunflower seeds

Top With:

Dijon Maple Vinaigrette:

- 1 Tbsp. Dijon mustard
- 1 Tbsp. maple syrup
- ¼ cup apple cider vinegar
- ¼ cup Olive oil
- ½ tsp black pepper

OR

Soy Honey Dressing:

- ¼ cup Olive oil
- 3 Tbsp. apple cider vinegar
- 3 Tbsp. honey
- 3 Tbsp. low sodium soy sauce

Combine dressing ingredients in small bowl and set aside. Combine cabbage, Brussels, carrots, apple in large bowl. Add dressing and toss to coat. Add pecans, sunflower seeds to cabbage mixture and toss lightly until well combined.

Selection, Handling, & Storage

Cabbage should be firm, heavy, with a compact head and crisp leaves. Look for fresh leaves, avoid cabbage with yellow leaves, splits, or soft spots. Any leaves not compacted around the head should be removed before storing in the refrigerator. Whole heads can be refrigerated for 5-6 days. Chopped cabbage should be kept cold in a plastic container or water for 2-3 days.

To Shred: remove tattered or bruised outer leaves. Cut the cabbage into quarters and then cut out each core. Use a knife to slice quarters into thin shreds. Cut shreds across into desired length. Note: a mandoline or food processor can also be used.

Fresh **salmon** should smell fresh and mild, not too fishy or sour. In addition, flesh should be firm, elastic, and moist without browning, gaping, or ragged edges. If purchasing **frozen**, look for packages without signs of thawing and refreezing. There should be no signs of frost or ice crystals, which may indicate previous thawing or that it's sat on the shelf for a while.

Thaw frozen seafood gradually by placing in refrigerator overnight. If you need to thaw quickly place it in a plastic bag and run cool water over it or microwave on a defrost setting if planning to use salmon right away.

Salmon is **done cooking** when the flesh becomes opaque pink and can be flaked easily with a fork. The thickest part of fish filet should reach internal temperature of 145°F.

Nutrient Profile: Vitamin K

Vitamin K is a fat-soluble vitamin. It's best absorbed by our bodies when eaten with a small amount of fat. It comes in two forms - phyloquinone, found in leafy green vegetables and menaquinones, found in some animal foods and fermented foods.

Vitamin K is crucial for building bones and blood clotting. If you fall and scrape a knee you will need less bandages if you've been eating your leafy green vegetables!

Food Sources: kale, spinach, broccoli, Brussels sprouts, cabbage, lettuces, canola oil; small amounts in meat, cheese, and eggs



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