

BRUSSELS SPROUTS

Selection Info

Look for bright green, firm sprouts, and avoid sprouts with loose leaves. Brussels sprouts flavor should improve in cool weather and after a frost.

Preparation

Rinse under cold running water to

remove any dust or dirt. Use a small knife to remove the sprout tip, and then remove any leaves that have bad spots. **Raw:** Slice thinly and toss with other shredded vegetables like cabbage, carrots, or beets. Add your favorite salad dressing.

Roast: Toss sprouts in olive oil, lay flat on a baking sheet, and roast in a 400°F oven for 40 minutes.

Stove Top: Boil a pot of water with a pinch of salt. Wash sprouts under cold running water and remove any leaves or yellow spots you may see. Place sprouts in a pot and cook for about 10-15 minutes. Sprouts are done when a knife will easily cut through them. Season with butter, salt, and pepper to taste.

Or, steam in a pot with a steamer basket and approximately 2 inches of water until tender.

Sauté: Wash sprouts under cold running water and remove any yellow spots and then cut them in half. Put 1-2 tablespoons of olive oil in a skillet. Place the sprouts flat side down in the skillet. Add salt and pepper to taste.

Cook on each side for about 5 minutes or until golden brown.

Storage

Short-Term Storage: Fresh Brussels sprouts are sold in two forms: attached to the stem and off of the stem.

Attached to the Stem: Remove Brussels sprouts from the stem and discard the stem. Store with a damp towel in a plastic bag in the refrigerator.

Off the Stem: Store with damp towel in a plastic bag in the refrigerator. Brussels sprouts can be refrigerated in a ventilated plastic bag for about a week. Do not wash or peel sprouts until ready to use.

Long-Term Storage: Root Cellar: Store in a cool 32-40°F cellar with high humidity. Do not store Brussels sprouts in the refrigerator long-term due to the low humidity. However, you can freeze them.

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BRING IT ON BRUSSELS SPROUT WRAP

Ingredients

- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1/2 tablespoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons coconut oil
- 2 1/2 cups Brussels sprouts (trimmed and finely chopped)
- 1 15-ounce can pinto beans (rinsed and drained)
- 2 small avocados (pitted)
- 2 limes (juiced)
- 2 tablespoons chia seeds
- 10 whole wheat tortillas

Directions

1. In a medium bowl, stir together the chili powder, cumin, paprika, garlic powder, onion powder, oregano, salt, and pepper.
2. Place a large sauté pan over moderate heat, and warm the coconut oil. Add the Brussels sprouts and the seasoning mixture and cook until the Brussels sprouts soften and wilt slightly (about 5 minutes).
3. Add the beans, lower the heat to low, and cook, stirring often, until the beans are heated through (about 3 minutes).
4. In a small bowl, use a fork to mash the avocados and lime juice into a creamy paste. Add the chia seeds and stir to combine.
5. Spread a thin layer of the avocado mixture on each tortilla then top with the Brussels sprout-bean mixture. Roll up the tortillas, tucking the sides in as you roll.



Learn more about **BRUSSELS SPROUTS** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=brussels-sprouts>.

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Nutrition Information

Serving Size	1 wrap
Nutrients	Amount
Total Calories	289
Protein	7g
Carbohydrates	35g
Dietary Fiber	9g
Total Fat	13g
Cholesterol	0mg
Sodium	455mg

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