

Brussels Sprouts





Selection - Choose bright green and firm sprout heads, either on or off the stalk.

Storage - Store in the refrigerator. Remove any wilted leaves before storing (will stay fresh up to 1 week).

Nutrition - Fiber in Brussels sprouts can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE BRUSSELS SPROUTS

- To steam Brussels sprouts, trim the ends and cut in half. Place in pan with about 1/2 cup of water. Add a low sodium spice blend and cook for about 5 minutes, or until soft, on high heat.
 - To make a salad, thinly slice the Brussels sprouts and mix with dried fruit, red onion and almonds. Toss with olive oil and lemon juice or with olive oil and balsamic vinegar.
 - To roast Brussels sprouts, trim the ends and cut in half. Toss in olive oil and bake at 425 degrees for 20-25 minutes. Lightly add parmesan cheese for more flavor.
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Ingredients

- 1 cup Greek yogurt
- 1 teaspoon dill weed
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 1 pound (2 cups) Brussels sprouts (trimmed and halved end to end)
- 2 teaspoons margarine or butter
- 1/4 cup water

Directions

1. In a small bowl, mix yogurt, dill weed, lemon juice and salt. Set aside.
2. In a large pan over medium-high heat, sauté sprouts (cut side down) in margarine or butter until they begin to brown.
3. Stir. Add water. Cover. Steam until the water is gone and sprouts are tender crisp, 3-5 minutes.
4. Mix sprouts with lemon dill sauce. Serve warm.

