



# BRUSSEL SPROUTS



- FUN FACT: Brussel Sprouts look like tiny cabbages and they are related to cabbages, broccoli, and cauliflower. Brussels sprouts are cruciferous vegetables and members of the Brassica.

There are many ways brussels sprouts can be prepared. The key is not to overcook them! Overcooking can give them an unpleasant smell! Pull off tough outer leaves and trim the stem. Slice or quarter sprouts and toss into your favorite stir-fry.

Brussel sprouts can also be shredded and eaten raw in salads

- Health Benefits: Brussels sprouts are rich in antioxidants, such as vitamin C, vitamin A, and manganese.