

HARVEST OF THE MONTH: BRUSSELS SPROUTS



NUTRITION FUN FACTS:

- Brussels sprouts are low in calorie and rich in various nutrients, such as vitamin K and vitamin C.
- Brussels sprouts contain antioxidants, help to prevent cell damage within the body.
- Brussels sprouts are rich in fiber, promoting digestive well-being, and reducing the risk of heart disease and diabetes.

Fun snack ideas!

HOW TO EAT BRUSSELS SPROUTS:

- Cut Brussels sprouts into very thin slices, and toss with olive oil and seasoning. Bake until crispy and brown to make Brussels sprouts chips.
- Cook with sweet potato to add some sweetness to balance the natural bitterness of Brussels sprouts.

Pick the yummiest!

THINGS TO LOOK FOR:

- Look for bright green, tightly packed heads.
- Avoid those with leaves that have holes or are shriveled, wrinkling, or withered.
- Brussels sprouts should look dry, not brown or moldy.
- Store Brussels sprouts in a plastic bag in the refrigerator.

BEST TIME TO EAT:

OCTOBER-
DECEMBER



RECIPE: BRUSSELS SPROUT HASH AND EGGS

DIRECTIONS

1. Chop off the ends of the sprouts. Slice them in half, then finely shred each half.
2. Heat the oil in a skillet on medium-high heat. Swirl it around to coat the pan. Add the Brussels sprout shreds and garlic, then leave it to cook for about 1 minute. Add salt and pepper to taste and stir the hash in the skillet.
3. Crack the eggs into opposite sides of the pan. Sprinkle them with salt and pepper. Pour 2 tablespoons of water into the skillet and cover with a lid. Let the eggs steam, undisturbed, for 2 minutes.
4. Once the whites of the eggs are cooked through, turn off the heat and sprinkle everything with lemon juice. Add hot sauce or red pepper flakes if you want it spicy.

INGREDIENTS

- 4 cups Brussels Sprouts finely chopped
- 1 tablespoon Olive Oil
- 3 cloves Garlic finely chopped
- Salt to taste
- 1 Lemon wedge
- 2 Eggs
- 1/4 teaspoon Hot Sauce optional
- Black Pepper to taste

<https://eatfresh.org/recipe/main-dish-side-dish-breakfast/brussels-sprout-hash-and-eggs>

ACTIVITY: BRUSSELS SPROUTS COLORING!

Coloring this three brussels sprouts with three different green colors!

