

# Health Tip of the Month

## (Brussel) Sprout into Summer

**Fun Facts:** -Brussel sprouts are in the same family as broccoli, cauliflower and kale! High amounts of antioxidants in Brussel sprouts can reduce cancer cell growth and improve heart health. Brussel sprouts are high in fiber and keep blood sugar levels stable. Brussel sprouts are one of the best vegetable sources of vitamin C which is important for immune health, iron absorption and growth and repair of tissues.

### Best cooking and storing methods:

Store unwashed in refrigerator up to *10 days*.

Remove stems and discolored leaves before washing.

Wash well under cold running water.

Roast or broil in oven. Sauté or boil on stove top.



## Hot recipe: Simple Roasted Brussel Sprouts

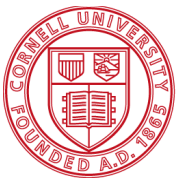
### Ingredients:

- 1 pound or 1 pint Brussel sprouts
- 4-6 tablespoons extra virgin olive oil
- 5 cloves of garlic
- Salt and black pepper to taste
- Parmesan cheese (optional)



### Directions:

1. Preheat oven to 400 F. Trim bottom of Brussel sprouts and slice in half.
2. Add 2 to 3 tablespoons of oil to sprouts in a frying pan over medium heat; add garlic, salt and pepper for 5 to 10 minutes until lightly brown.
3. Transfer sprouts to a pan and place in oven until tender (about 10 minutes).
4. Optional: add parmesan cheese.



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