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.

Ingredients

- ☐ 1 pound bone-in chicken legs or thighs
- ☐ 2 cups Brussels sprouts, cut in half
- ☐ 2 medium sweet potatoes, peeled and chopped into small cubes
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 teaspoon brown sugar
- ☐ Salt and pepper
- ☐ 1/4 teaspoon garlic powder
- ☐ 1/4 cup dried cranberries

Directions

1. Preheat oven to 400 degrees.
2. Make the balsamic dressing: In a small bowl, mix oil, vinegar, salt and brown sugar. Set aside.
3. Place cut Brussels sprouts and cut sweet potatoes in a greased 9x13 baking dish. Pour the dressing over the vegetables and stir until coated.
4. Season the chicken with garlic powder, salt and pepper. Place the chicken on top of the vegetables in the baking dish.
5. Roast for 25 minutes. Set the chicken aside and stir the vegetables. Place the chicken back on top and bake for 15 more minutes, or until the vegetables are tender and the chicken reaches an internal temperature of 165 degrees.
6. Take pan from the oven and top with dried cranberries.

Recipe from: Feeding Pennsylvania and PA Eats