

BRUSSELS SPROUTS

WHAT PARTS CAN I EAT AND HOW?



SPROUTS

- Roasted, cut in half
- Sautéed or steamed
- Raw in salads, either cut in half or shredded

COOKING TIP: Cut an X in the bottom of the stem for even cooking as the core cooks more slowly. Alternatively cut off the tough stem, No need to peel sprouts, simply remove any discoloured leaves. Be sure not to overcook them as this will intensify any bitter flavours and unpleasant odours!

WHEN IS IT IN SEASON?



Brussels sprouts are in season from **August through November** in Quebec.

STORAGE



Sprouts can be kept 1 to 2 weeks refrigerated in an airtight container, and longer when on the stem, although not always available in this form in grocery stores. Do not wash before storing, since excess water causes moulding!

ROASTED BRUSSELS SPROUTS

SERVES 4

INGREDIENTS:

- 4 cups Brussels sprouts
- 3 tablespoons olive oil
- 3 cloves garlic
- Salt & pepper to taste
- 1/4 cup grated cheese (*optional*)



INSTRUCTIONS:

1. Preheat the oven to 400°F. Line baking sheet with parchment paper.
2. Start with cleaning the sprouts and then removing any loose leaves. Trim stems by cutting off the tough ends and halve the larger Brussels sprouts. Leave smaller sprouts whole, but cut a cross symbol through the stem.
3. Place Brussels sprouts on a baking sheet, toss with olive oil, salt, pepper, garlic and cheese (*optional*).
4. Bake for 20-30 minutes, tossing halfway.
5. Enjoy on their own as a side dish or add to omelets, pizzas, or quiches!

BRUSSELS SPROUTS SLAW

SERVES 8

INGREDIENTS:

- 4 cups Brussels sprouts, finely sliced
- 4 carrots, grated
- 1/2 cup dried fruit of choice
- 3/4 cup mixed seeds, toasted

VINAIGRETTE:

- 1/4 cup olive oil
- 1 tablespoons lemon juice
- 1 tablespoon vinegar of choice
- Salt & pepper, to taste

INSTRUCTIONS:

1. In a medium sized bowl, combine the prepared Brussels sprouts, dried fruit and seeds. Set aside.
2. Whisk vinaigrette ingredients in a small bowl.
3. Drizzle the dressing over the slaw and toss until all the ingredients are lightly coated in the dressing

This salad gets more delicious with time! Feel free to make ahead or enjoy over a few days