

Food of the Week: Brussels Sprouts

Some of you may cringe upon hearing “brussels sprouts” but I ask you to give these cruciferous veggies a second chance. Brussels sprouts are actually part of the cabbage family, and so they have many of the same nutritional benefits as other cabbages. In general, cabbages are known for their incredible cancer-fighting ability. Brussels sprouts contain a chemical that suppresses the development of pre-cancerous cells. The great part is that you don’t have to eat them every day to benefit from this effect. Brussels sprouts are so powerful at fighting cancer that even the occasional dish of brussels sprouts can help to reduce your chances of getting colon cancer. In addition to blocking the growth of cancer cells, this wonderful vegetable also has good amounts of folate, potassium, and vitamin K. In the store you’re most likely to find brussels sprouts already off of the stalk that they grow on, and sometimes they’re already prepackaged into little plastic containers. If you can find them still on the stalk that’s the best way to buy them. Another good option is to buy them frozen. They’re a lot cheaper, and it’s easy to just keep a bag or two in the freezer to thaw out and roast whenever you want to. If you’re cooking with fresh sprouts, sometimes you need to go through them and cut off the tough ends (or I guess it’s really the bottom of the sprout), before cooking them. Don’t cut off much, just so that you’re removing that really tough, white bit at the base. If you’ve never had brussels sprouts before, I would recommend trying the recipe below. It’s how I first tried them, and I’ve made them the same way ever since then. After all, why mess with perfection?



GET COOKING: ROASTED BRUSSELS SPROUTS

The trick with this recipe is to keep roasting them until they’re dark brown and they basically look burnt. Trust me, it’s delicious. You can use any good olive oil for this recipe, but I love to use the garlic infused olive oil from the Taste of Olive shop in town.

Ingredients

- * 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed (or you can use a bag of frozen brussels sprouts.
- * 3 tablespoons good quality olive oil
- * 1 teaspoon kosher salt
- * 1/2 teaspoon freshly ground black pepper



Directions

1. Preheat oven to 400 degrees F.
2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large re-sealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.