



The Geneva School

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December 12, 2014

## BRUSSELS SPROUTS

Today students in grades 2-6 had a chance to taste Brussels sprouts. If you haven't tasted Brussels sprouts



lately you may have a negative perception thinking of a frozen vegetable that was boiled and overcooked, tasting bitter and soggy.

Using fresh Brussels sprouts is key, and roasting or sautéing them brings out their natural sweet and delicious flavor,

while also preserving their nutrients.

Brussels sprouts are a cruciferous vegetable, in the same family as cabbage, kale, broccoli, and cauliflower. They look like baby cabbages and grow clustered on the sides of a tall stalk (you can buy them on the stalk in some stores). They grow in colder weather and can be grown during Florida's winter. The smaller the size, the more tender and sweet in taste.

These little vegetables are packed with vitamins, minerals, and phytochemicals, especially vitamins A, C, K, B6, along with potassium, iron, magnesium, folate, manganese, and calcium. They are high in fiber and each Brussels sprout has one gram of plant protein. They help lower cholesterol, are anti-inflammatory, and like all plant foods, have antioxidants to prevent some cancers.



## Crisp Roasted Brussels Sprouts

From *The Family Cooks* by Laurie David

3 Tbsp. olive oil, plus more for the pan  
2 pounds Brussels sprouts, trim bottom  
and slice lengthwise into 3 or 4 slices  
3 to 4 garlic cloves, minced  
Salt and pepper  
Juice of 1/2 lemon

Preheat the oven to 450 degrees. Oil  
2 baking sheets with olive oil.

- In a large bowl, combine the Brussels sprouts, garlic, 3 Tbsp. olive oil, and a sprinkle of salt and toss thoroughly.
- Arrange the sprouts in a thin layer on the baking sheet and bake, stirring once or twice, until the edges are crispy and golden, 25-30 minutes.
- Transfer to a serving bowl; add the lemon juice and toss. Season with more salt and pepper. Serve immediately.

Serves 4-6

Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.