What’s Fresh:

Brussel Sprouts

They’re naturally good!
- Excellent source vitamins K & C!
- Very good source of dietary fiber
- Rich in cancer-fighting antioxidants

Storage Tips:
- Do not wash until ready to eat.
- To keep fresh, store in the refrigerator in a plastic bag for up to 1 week.

Too much of a good thing? Freeze them!

Boil the Brussel sprouts whole for 3-5 minutes, then transfer to a bowl filled with ice water. Drain, dry, and store in a freezer-safe container for 4-6 months.

Use in cooked recipes.

Preparation Tips:
- Rinse under running water and pat dry.
- Using a knife, trim away the very tip of the stem and discard it.
- Remove and discard any of the outer leaves that are yellow or have blemishes.
- Slice the Brussel sprouts in half from top to bottom.
- For larger Brussel sprouts, cut it in half again to make bite-size pieces.

Ways to eat Brussel sprouts:

- Shred them. Thinly slice the sprouts or shred with a box grater. Add to salads, sandwiches, or use instead of shredded cabbage to make coleslaw.

- Steam them. In a large pot with a steamer tray, bring a few inches of water to a boil. Add Brussel sprout halves; cover and steam for 6-8 minutes, or until sprouts are bright green and just tender. Season with salt & pepper.

- Roast them. Preheat oven to 400°F. Toss Brussel sprout halves with a few tablespoons of oil, salt, and pepper. Place in a single layer on a baking sheet and roast for 35-40 minutes, rotating them from time to time, until sprouts are tender on the inside but crisp on the outside.

- Sautéee them. Heat a tablespoon of oil or butter in a skillet over medium-high heat. Add Brussel sprout halves and cook, stirring frequently, 7-9 minutes or until golden brown and fork tender. Season with salt & pepper. For extra flavor, add 2 cloves of minced garlic and a pinch of red pepper flakes and cook 1 minute more. Top with a squeeze of lemon juice or dash of vinegar.

See more recipes on the back
Pasta with Roasted Brussel Sprouts

**Ingredients:**
- About 15 Brussel sprouts, halved
- 2 cloves garlic, minced (or 1/2 tsp garlic powder)
- 1/4 teaspoon of red pepper flakes
- 1 (14-ounce) can diced tomatoes, with juices
- 2 tablespoons oil
- 1/4 teaspoon salt
- 8 oz. whole wheat pasta
- 1/3 cup parmesan cheese (optional)

**Directions:**
1. Preheat oven to 425 °F.
2. Toss Brussels sprout halves with 1 tablespoon of oil, garlic, salt and red pepper flakes. Place on a baking sheet and roast for 15 minutes, rotating halfway through.
3. Add tomatoes and drizzle on another tablespoon of oil. Toss well. Return to oven until tomatoes soften, about 5 minutes.
4. Toss with pasta and grated cheese. Serve warm.

Sweet & Spicy Brussel Sprout Coleslaw

**Ingredients:**
- 4 cups shredded Brussel sprouts
- 1/4 cup raisins
- 3 Tablespoons oil
- 1/4 teaspoon cayenne or 1/2 teaspoon hot sauce
- 2 tablespoons vinegar (such as apple cider)
- 3 Tablespoons oil
- 1/2 teaspoon honey or sugar
- 1/2 teaspoon salt
- 2 medium apples, finely chopped (skins left on)

**Directions:**
1. Shred Brussel sprouts with a box grater or slice thinly with a knife.
2. In a bowl, combine shredded Brussel sprouts, chopped apples and raisins.
3. In a small bowl, whisk together oil, vinegar, honey/sugar, salt and cayenne/hot sauce.
4. Pour dressing over veggies. Toss to combine. For best results, use your hands to coat the veggies with the dressing (this will help soften them).
5. Refrigerate until serving. Try this slaw on top of sandwiches or as a side dish.

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