

Week 3: Everyday I'm Brusselin'

Brusselin' Made Easy

Ingredients

- 1 lb. brussels sprouts
- 1 tsp. salt
- 2 tbsp. extra virgin olive oil
- 1 tsp. hot pepper flakes (adjust to your tastes)
- 5 cloves finely minced garlic
- 1/4-1/2 tsp freshly grated nutmeg
- 1/2 cup freshly grated parmesan cheese

Nutritional Value

Servings per Recipe: 4
Calories: 162; Total Fat: 10g
Saturated Fat: 3g; Cholesterol: 8mg; Carbohydrate: 12g; Dietary Fiber: 4.5g; Protein: 8.3g

Instructions

- Trim the ends of the Brussels sprouts and remove and discard any discolored outer leaves. If the sprouts are large (more than 1 inch in diameter), cut them in quarters lengthwise through the stem end. If smaller, cut them in half.
- Bring 2 quarts of water to a boil, add salt and the sprouts.
- Boil the sprouts uncovered until they are just crunchy-tender (about 5 minutes). Drain the sprouts well.
- Wipe and dry the pot and heat the olive oil over a medium heat.
- Add the red pepper flakes and garlic and saute for 1 minute or until fragrant.
- Add the sprouts and nutmeg and saute for another minute.
- Mix the Parmesan cheese and toss the sprouts until the cheese melts

Recipe from Clean and Delicious

Brussels Sprout & Bacon Gratin

Ingredients

- 1.5 pounds of Brussels sprouts, halved
- 8 oz. bacon, cooked and crumbled
- 1/2 cup of sharp cheddar cheese
- 1/4 cup of Gouda cheese, grated
- 3/4 cup heavy cream
- 2 tablespoons olive oil
- 1 egg
- 1 sprig of rosemary, minced
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- salt and pepper to taste



Nutritional Value

Serving Size 1/2 cup: Servings per Recipe 12: Calories 315: Total Fat 16g: Carbohydrate 26 g: Sugar 1 g: Protein 15 g

Instructions

- Preheat oven to 400° F
- Toss Brussels sprouts in olive oil and season with salt and pepper. Place them in a 7x11 baking dish and roast for 15-20 minutes, or until semi-softened.
- In a large bowl, whisk together egg, heavy cream, rosemary, garlic powder, and onion powder, then stir in cheeses.
- Remove Brussels sprouts from oven and add 3/4 bacon to the baking dish. Pour cheese mixture over the top and stir everything together, then top with remaining bacon.
- Reduce oven temperature to 350° F, return baking dish to oven and bake for 20-25 minutes, or until cheese is bubbly and set.
- Remove from oven and let cool 5 minutes before serving.

Ingredients:

For the Brussels Sprouts

- 1.5 cups Brussels sprouts, ends trimmed, yellow leaves removed
- 1.5 tablespoons olive oil
- Salt, to taste

For the Sweet Potatoes

- 2 cups of cubed sweet potato
- 1.5 tablespoons olive oil
- 1.5 tablespoons maple syrup
- ½ teaspoon ground cinnamon

Other Ingredients

- 1 cup pecan halves
- 1/2 cup dried cranberries
- 2 Tbsp maple syrup
- 1/2 teaspoon cinnamon

Roasted Brussels Sprout, Sweet Potato, Pecan, and Cranberry Salad

Putting it all Together

In a large bowl, combine roasted Brussels sprouts, roasted sweet potatoes, pecans, cranberries, and top with 2 Tbsp of maple syrup and 1/2 tsp of cinnamon. Mix to combine.

Nutritional Information

Serving Size 1 cup: Servings per Recipe 5:
Calories 350: Fat 24 g: Saturated Fat: 2 g:
Monounsaturated Fat 15 g: Polyunsaturated Fat 6 g. Carb 36 g: Sugar 20 g: Protein 4g

Instructions

Roasted Brussels sprouts:

- Preheat oven to 400 F. Lightly grease a baking sheet with 1/2 tablespoon of olive oil.
- Slice Brussels sprouts in half. In a medium bowl, combine halved Brussels sprouts, 1 tablespoons of olive oil, salt, and toss to combine.
- Place onto the baking sheet, cut side down, and roast in the oven at 400 F for about 20 minutes.

Roasted Sweet Potatoes:

- Preheat oven to 400 F. Lightly grease a foil-lined baking sheet with 1/2 tablespoon of olive oil.
- In a medium bowl, combine cubed sweet potato, 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.
- Place sweet potato in a single layer on the baking sheet. Bake for 30-35 minutes, or until softened.

Note:

- You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven

Ingredients

For Salad

- 4 cups chopped butter lettuce
- 2 cups brussels sprouts, thinly sliced
- 6 slices bacon, cooked and crumbled
- 2 cups microgreens (any kind, I like to use a mixture of sunflower and pea, or kale)
- 1/4 cup pecans, chopped
- 1/3 cup grated Parmesan cheese

For Dressing

- 2 cloves garlic, minced
- 2 tbsp. diced red onion or shallot
- 1 tsp. dijon mustard
- 1/4 cup lemon juice
- 1/4 cup extra virgin olive oil
- salt and pepper to taste

Shaved Brussels Sprout & Microgreen Salad

Instructions

For Butter Lettuce

- Chop butter lettuce into bite size pieces for the base of the salad.

For Brussels Sprouts

- Cut off the bottom of the Brussels sprouts, remove the outer leaves, cut them in half length-wise.
- Set Brussels sprouts on the cut end, and slice thin.

For Dressing

- In a spouted glass cup or a mason jar, combine garlic, onion, Dijon mustard, lemon juice, extra virgin olive oil, salt and pepper. Whisk together until everything is well combined.

Putting it all Together!

- Combine lettuce, Brussels sprouts, and microgreens in a large bowl. Top with the bacon, pecans, and Parmesan cheese.
- Pour the dressing over the top of the salad and gently toss everything together. Serve and enjoy!