



Chicken and Brussels Sprouts One Pan Meal

2 skinless, boneless chicken breasts (about 1 pound)	12-14 Brussels sprouts, trimmed and quartered	1 medium yellow onion, diced, about 1 cup
1 tablespoon olive oil	1 cup sliced fresh mushrooms	2 cloves garlic, minced
Salt and pepper to taste	1 red bell pepper, diced, about 1 cup	½ cup half-and-half
		¼ teaspoon nutmeg
		¾ cup Parmesan cheese

Preheat oven to 425 degrees F. **Cut** chicken into bite-sized pieces. **Heat** oil in a heavy, oven-safe skillet or pan over medium heat. **Add** chicken and sauté 3-4 minutes. Lightly **season** with salt and pepper. **Add** vegetables and **stir** gently to combine. **Cook** 3-5 minutes until vegetables are tender. **Remove** from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, **combine** half-and-half, nutmeg and salt and

pepper to taste. **Pour** mixture over chicken and vegetables. **Sprinkle** with Parmesan cheese. **Bake** 25-30 minutes until lightly golden on top. **Serve** hot.

Yield: 6, 1 cup servings

Nutritional Analysis:
220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g sugars, 23 g protein.

Kentucky Brussels Sprouts

SEASON: June to November

NUTRITION FACTS: Brussels sprouts provide a good amount of vitamin C, folate, potassium and vitamin K.

SELECTION: Choose sprouts that are similar in size, firm and compact, with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or have yellowed or wilted leaves.

STORAGE: Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

PREPARATION: Soak Brussels sprouts in water for about 10 minutes, then rinse with fresh water to thoroughly clean the sprouts.

To boil: Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender.

To microwave: For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

To steam: Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

KENTUCKY BRUSSELS SPROUTS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

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