



# Brussels Sprouts Gratin

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| <b>2 pounds</b> (4 cups) Brussels sprouts | <b>½ cup</b> low sodium chicken broth          |
| <b>6 slices</b> turkey bacon              | <b>1 ½ cups</b> skim milk                      |
| <b>2 medium</b> onions, diced             | <b>1 cup</b> shredded Parmesan cheese (packed) |
| <b>3 tablespoons</b> butter               | <b>1 teaspoon</b> salt                         |
| <b>3 tablespoons</b> flour                | <b>1 teaspoon</b> black pepper                 |

**Preheat** oven to 400 degrees F. **Wash** Brussels sprouts and **remove** the outer leaves. Using a paring knife, **score** the core end of each sprout. In a large saucepan over medium-high heat, **boil** sprouts 3-5 minutes or until just tender. In a skillet over medium heat, **cook** turkey bacon until crisp. **Remove** from pan. **Add** the onions to the pan and **cook** until tender, about 5 minutes. **Remove** from pan. **Melt** butter in skillet. **Add** flour and stir until smooth. Using a whisk, slowly **add** chicken broth and milk. **Stir** until thick and smooth. **Add** cheese and **stir**

until smooth. **Add** bacon and onions. **Season** with salt and pepper. **Coat** a 9-by-13 inch pan with non-stick spray. **Place** Brussels sprouts in pan and pour the gratin sauce over the top. **Bake** 25 minutes or until the top is lightly brown.

**Yield:** 8, ½ cup servings

**Nutritional Analysis:** 170 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 660 mg sodium, 20 g carbohydrate, 5 g fiber, 7 g sugars, 11 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 that 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. 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](http://www.fruitsandveggiesmatter.gov)

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