



# Sweet and Spicy Brussels Sprouts

<b>1 pound</b> (2 cups) Brussels sprouts	<b>1 teaspoon</b> fresh cracked black pepper	<b>Drizzle:</b> <b>½ teaspoon</b> hot sauce
<b>1 tablespoon</b> olive oil	<b>1 teaspoon</b> red pepper flakes	<b>1 tablespoon</b> honey
<b>½ teaspoon</b> sea salt		
<b>1 teaspoon</b> garlic powder		

**Preheat** oven to 400 degrees F. **Wash** Brussels sprouts, **remove** outer leaves and **cut** each sprout in half. **Mix** olive oil, sea salt, garlic powder, black pepper and red pepper flakes in a medium sized bowl. **Add** Brussels sprouts to the mixture and **stir** to coat evenly. **Mix** the hot sauce and honey in a small bowl and set aside. **Place** Brussels sprouts on a greased baking

sheet. **Bake** 30 minutes or until tender. **Drizzle** hot sauce mixture over top of cooked Brussels sprouts.

**Yield:** 4, ½ cup servings

**Nutritional Analysis:** 70 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 9 g carbohydrate, 2 g fiber, 5 g sugars, 2 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

**October 2018**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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