

Janice Feuer Haugen, chef, food blogger, culinary coach and teacher. Author of five cookbooks including *Fruit-Sweet & Sugar-Free* and *Chocolate Decadence*. She shares her recipes and tips for living everyday healthy, everyday delicious in cooking classes and in her blog: [EverydayHealthyEverydayDelicious.com](http://EverydayHealthyEverydayDelicious.com).



## Better Than Ever BRUSSELS SPROUTS

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

**T**his is the season for enjoying sweet and flavorful roasted Brussels sprouts. Roasting Brussels sprouts at a very high temperature brightens their color while bringing out an unexpectedly fresh taste and caramelized sweetness. When roasted they bear no resemblance to the often overcooked, bland-tasting and strong smelling Brussels sprouts many of us remember from childhood.

Cold-hardy Brussels sprouts' peak growing season lasts from late October through early March. Brussels sprouts grow in bunches of 20–40 of them on the stalk of a plant that grows about three feet tall. With hybridization and earlier harvesting, Brussels sprouts have become better than ever. Smaller, tenderer, and less bitter sprouts are now available in both grocery stores and farmer's markets. You've probably seen them at the farmers' market still attached to their stalk. That's when they'll have the freshest flavor and crispest texture. Choose medium-size sprouts about one-inch in diameter. Select sprouts that are firm, compact and without yellowed or wilted leaves.

### More Than Delicious

**"Brussels sprouts contain more cancer-preventing components than any other vegetable."**

—WORLD'S HEALTHIEST FOODS

Brussels sprouts are considered a superfood. Looking like mini-cabbages, they contain the same valuable nutrients as their cruciferous cousins, such as cabbage (of course), broccoli, cauliflower, collard greens, kale, kohlrabi, mustard, rutabaga, turnips, bok choy, and Chinese cabbage.

Nutrient-rich Brussels sprouts support heart health and lower the risk of cancer and chronic inflammation. They are an excellent source of vitamins C and K. And, they are considered a very good source of vitamins B6 and B1 along with folate, fiber, copper, potassium and omega-3 fatty acids.



In addition, they contain iron, protein, magnesium, calcium, zinc and vitamin A and B2.

### What's in a Name?

The history of Brussels sprouts is traceable to the late 16th century. They are thought to be native to an area near Brussels, the capital of Belgium, thus their name. Brussels sprouts remained a somewhat unpopular vegetable until WWI when farmers began cultivating them across the cooler parts of Northern Europe. Currently, more than 90 percent of all Brussels sprouts in the U.S. are grown in the cool, foggy coast south of San Francisco, California.

### Three Tasty Ways to Enjoy Roasted Brussels Sprouts

- ◆ Roast the sprouts with strips of a sweet red or orange bell pepper (*shown above*).
- ◆ A little balsamic vinegar and a few toasted pecans or walnuts add a touch of sweetness and a nutty crunch to the tender roasted Brussels sprouts (*shown on next page*).
- ◆ Toss the roasted sprouts with a bit of fresh lemon juice, a large pinch of red-pepper flakes and some finely grated Parmesan cheese. ■

*Recipe on next page.*

## Roasted Brussels Sprouts

The addition of a very small amount of water allows the sprouts to steam during the first half of their cooking time, assuring their tenderness all the way through. And, the very high temperature throughout produces gorgeously caramelized and richly flavored Brussels sprouts.

Adapted from a recipe by Andrea Geary  
in *Cook's Illustrated*

Serves 3–4

- 1½ pounds Brussels sprouts**
- 1½ tablespoons extra virgin olive oil**
- 1 tablespoon water**
- ¼ teaspoon coarse salt**
- Half a dozen twists freshly ground pepper**

Preheat the oven to 500 degrees.

1. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Cut them in half lengthwise. Toss the trimmed and halved Brussels sprouts with the rest of the ingredients.
2. Line a rimmed baking sheet with parchment paper. Transfer the sprouts to the baking sheet, cut side down.
3. Cover the pan tightly with aluminum foil and place on the middle shelf in the preheated oven. Roast for 10 minutes.
4. Remove the foil using a pair of tongs to protect your hands from being burned by the steam.
5. Roast for another 10 minutes. Remove the sprouts from the

oven and sprinkle them with additional salt and pepper to taste.

6. Serve them hot as a side dish or as a vegan/vegetarian entrée.



## Roasted Brussels Sprouts w/ Toasted Pecans or Walnuts & Balsamic Vinegar

The balsamic vinegar adds an additional touch of sweetness.

- 1/3 cup walnuts or pecans, toasted at 350 degrees for 7 minutes**
- 2 teaspoons balsamic vinegar**
- Salt and freshly ground pepper to taste**

Toss just Roasted Brussels Sprouts with the balsamic vinegar, salt and pepper to taste. Then toss with the toasted walnuts or pecans and serve. ■

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