

Brussels Sprouts

Safety first:

Be sure to wash your hands with warm, soapy water before and after preparing food. Rinse fresh fruits and vegetables, even those you peel, under running tap water.

ROAST –

- Heat oven to 400 F. Toss Brussels sprouts on a baking sheet in olive oil and desired seasoning (usually salt and pepper or garlic powder), roast for 35 to 40 minutes until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.

STEAM SAUTÉ –

- Prepare them whole or cut lengthwise; drizzle with oil in pan. Toss until all are lightly coated with oil. Cook undisturbed on medium heat until sides become caramelized (five to seven minutes). Cook for another six to eight minutes or until tender. Add garlic and a squeeze of lemon for added flavor. Salt. Enjoy broccoli fresh. Chop and create a new slaw salad.

SAUTE –

- Prepare them whole or cut lengthwise; drizzle with oil in pan. Toss until all are lightly coated with oil. Cook undisturbed on medium heat until sides become caramelized (five to seven minutes). Cook for another six to eight minutes or until tender. Add garlic and a squeeze of lemon for added flavor.