



Quick Bites — Brussel Sprouts

No other vegetable has caused such controversy at the dinner table. Some may love their fresh sweetness, while others loathe their tangy bitterness. If you're still wary of these mini cabbages, try this easy slaw with a sweet touch of apples, dried cranberries and walnuts to cut down on the bitter flavor. It packs a delicious punch and adding cruciferous vegetables, like Brussels sprouts, to your diet can help lower risk for certain cancers, especially those of the colon, mouth, esophagus and stomach.

- From AICR Health Talk - www.aicr.org

Did you know?

Research suggests that genetic variation may be at the heart of the Brussels sprout debate. Certain genes may prevent some people from tasting bitter flavors found in certain vegetables like cabbage and Brussels sprouts.



Brussels Sprout Slaw with Cranberries and Walnuts

Makes 8 servings. Per serving: 1/2 cup

Per serving: 120 calories, 7 g fat (1 g sat fat) 16 g carbohydrates, 3 g protein, 3 g fiber, 130 mg sodium.

Ingredients:

3/4 lb. Brussels sprouts	1 Fuji or Gala apple, peeled, cored and finely chopped
2/3 cup dried cranberries	1/2 cup chopped walnuts
1/2 tsp. kosher salt	1/8 tsp. freshly ground pepper
1/3 cup fresh Meyer lemon juice (see Notes)	1 Tbsp. extra virgin olive oil

Directions:

Trim bottom from sprouts and remove any loose or bruised leaves. Place shredding disk or fine slicing disk in food processor, and using feeder tube, gradually shred Brussels sprouts; there will be about 4 1/2 cups (see Notes). Transfer shredded sprouts to mixing bowl.

Add apple, cranberries, walnuts, salt, pepper and lemon juice and stir with a fork for 1 minute to combine well. Add oil and stir well. Cover and refrigerate slaw for 3 hours to overnight. Re-stir before serving. This slaw is best served within 24 hours.

Notes:

- If Meyer lemons are not available, use 1/4 cup regular fresh lemon juice.
- If your food processor does not have a shredding disk, quarter Brussels sprouts vertically and place in food processor fitted with a chopping blade. Pulse until sprouts are finely chopped, stopping several times to scrape down bowl. Take care not to leave big chunks or to turn sprouts into mush.

For more information:
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