



Quick Bites — Brussels 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 to prepare side dish. The Balsamic vinegar packs a delicious punch and adding cruciferous vegetables, like Brussels sprouts, to your diet can help to lower risk for certain cancers, especially those of the colon, mouth, esophagus and stomach.



Did You Know?

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



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Roasted Brussels Sprouts With Balsamic Vinegar

Makes 6 $\frac{3}{4}$ cup servings

Ingredients:

1 $\frac{1}{2}$ lb. Brussels sprouts
 1 $\frac{1}{2}$ Tbsp. Olive Oil
 1 Tbsp. Fresh Rosemary

3 Tbsp Balsamic Vinegar
 pinch Kosher salt
 pinch Ground Black Pepper

Directions:

1. Preheat oven to 350°
2. Cut off the brown ends of the Brussels sprouts and pull off any yellow leaves.
3. Cut Brussels sprouts in half and place on sheet pan in a single layer. Drizzle with olive oil, toss to coat well and sprinkle with Rosemary.
4. Roast in oven for 20 minutes.
5. Add Balsamic vinegar and toss to coat. Return to oven for an additional 5 minutes.
6. Remove from oven. Season with salt and pepper. Enjoy.