

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

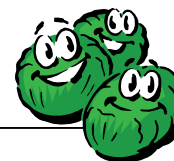
Brussels Sprouts

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What veggie was named after the captain of Belgium?

BRUSSELS SPROUTS!

- ◆ Choose firm compact sprouts that are bright green in color. Fresh Brussels sprouts should be displayed chilled. Yellow or wilted leaves are signs of age or mishandling.
- ◆ Place loose sprouts in a plastic bag with breathing holes. Keep refrigerated; fresh sprouts will keep for 3–5 days.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- ◆ **Brussels Sprouts are an excellent source of Vitamin C.**
- ◆ **They contain no fat or cholesterol and little sodium.**
- ◆ **A typical serving size is a 1/2 cup, which contain about 30 calories.**

Did you know?

- ◆ Brussels sprouts and cabbage are members of the cruciferous vegetable family.
- ◆ Most sprouts are grown in California. Their peak-growing season is in autumn through early spring.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7



Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268
860.429.3325 www.ehhd.org

Try these delicious, nutritious and healthy recipes!

Moroccan Style Quinoa (Vegetarian)

INGREDIENTS

- ◆ 1 can (14 oz.) chickpeas, rinsed
- ◆ 3 small onions, quartered
- ◆ 1 cup carrots, cut in chunks
- ◆ 1 cup turnips, cut in chunks
- ◆ Make stock by combining the following ingredients:
 - ◆ 1/2 tsp. salt
 - ◆ 2 garlic cloves
 - ◆ 1 bay leaf
 - ◆ 1/4 tsp. ground cumin
 - ◆ Pepper, to taste
 - ◆ 2 Tbsp. olive oil
 - ◆ 2 cups whole Brussels sprouts
 - ◆ 2 cups water
 - ◆ 1 Tbsp. olive oil
 - ◆ 1 Tbsp. lemon or lime juice
- ◆ 2 cups quinoa

DIRECTIONS

1. In a 3-qt. pot, place onions, carrots and turnips on top of the chickpeas and add enough water or stock to just cover vegetables. Add salt, garlic, bay, cumin, pepper and 2 Tbsp. olive oil. Cover and bring to a boil. Reduce to light boil and cook for 40 minutes. Add Brussels sprouts and cook an additional 10 minutes. Adjust seasoning to taste.
2. While vegetables and chickpeas continue to cook, add 4 cups water and salt to a 2-qt. pot and bring to a boil. In a frying pan heat the remaining Tbsp. of oil. Add quinoa; stir quinoa continuously to toast (about 10 minutes). Add to boiling stock, cover and simmer 15 to 20 minutes. Remove from heat. Allow to sit for 5 to 10 minutes. Gently mix vegetable/chickpea mixture. Cover pot, and allow to rest for another 5 to 10 minutes. Serve by placing a large mound of quinoa on each individual plate. Flatten the mound in the center and fill with vegetables/chickpea mixture. Pour 1/2 c. of hot stock over all and serve hot.

Brussels Sprouts and Chestnuts

INGREDIENTS

- ◆ 3 cups Brussels sprouts
- ◆ 1 cup chestnuts, peeled
- ◆ 1 large oranges, peeled and segmented
- ◆ 1/2 cup low fat, low sodium chicken broth
- ◆ 1 tablespoon canola oil
- ◆ salt and pepper to taste

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Trim each sprout by cutting a little piece off the bottom. With a small paring knife, make an X in the top of the sprout. Repeat with all sprouts and place in steamer over 2 inches of boiling water. Steam the sprouts covered for about 10 minutes or until tender.
3. Remove sprouts from pot and allow to cool. Cut each sprout in half and place in a casserole dish. Layer the chestnuts on top of the sprouts. Place the oranges on top of the chestnuts. Add the broth and pour over all ingredients. Drizzle the casserole with oil. Grind in pepper and salt. Bake for 15 minutes or until oranges are soft.

Source for recipes: www.allrecipes.com, www.fruitsandveggiesmatter.gov

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!