

Harvest of the Month

Brussels Sprout



FUN FACTS:

Brussels sprouts are in the cabbage family. They look like miniature cabbages but are slightly milder in flavor.

Brussels sprouts are named after the capital of Belgium (Brussels). Knowing this will help you remember that it is Brussels sprout, not Brussel sprout.

The edible sprouts grow like buds on long thick stalks that are two to four feet tall.

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The Skinny on Breakfast

Is breakfast the most important meal of the day? Not sure, but breakfast has been a point of contention among weight-loss researchers, dietitians, and doctors for a long time. Unfortunately, nutrition research is far from perfect because food manufacturers fund most research, and it is hard to carry out a comprehensive study since controlling when, how, and exactly what a person eats is nearly impossible. Thus studies focus on associations between breakfast and weight.

So, is breakfast the silver bullet that will help you to lose weight? No, but studies have shown that eating a balanced breakfast that contains protein, fat, and fiber-rich carbohydrates can affect your satiety which will promote weight loss.

What if I just can't do breakfast? My advice is if you consume the majority of your calories near the end of the day, try to add something small like Greek yogurt or a hardboiled egg. Eating protein at breakfast will help decrease the likelihood of overeating later in the day.

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Shaved Brussels Sprout Salad

6 servings

INGREDIENTS:

- 4 cups Brussels sprouts, washed, shaved
- 1 medium crisp apple, chopped
- ½ cup dried cranberries
- 1/3 cup Parmesan cheese
- 1/3 cup sunflower seeds, toasted
- 1/3 cup chives, chopped

DRESSING:

- ¼ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- 1 tsp Dijon mustard
- ¼ tsp ground black pepper
- ¼ tsp salt



HARVEST OF THE MONTH RECIPE - DECEMBER

- Brussels Sprout -

1. Place shaved Brussels sprouts in a large bowl.
2. Top the shaved Brussels sprouts with chopped apple, cranberries, parmesan cheese, sunflower seeds, and chives.
3. In a separate bowl, whisk together the dressing ingredients and reserve.
4. Just prior to serving, pour the dressing over the salad and toss well to combine.

NUTRITION SNAPSHOT: 1 salad serving size, 175 calories, 14 g total fat, 2 g saturated fat, 0 g trans fat, 145 mg sodium, 4 mg cholesterol, 17 g carbohydrate, 4 g fiber, 9 g sugar, 0 g added sugar, 6 g protein

