

BRUSSELS SPROUTS



Brussels
Sprout &
Potato
Hash

Wild Rice
Pilaf with
Sweet
Potatoes
& Brussels
Sprouts

Individual
Brussels
Sprout &
Potato
Frittatas

Brussels
Sprout
Gratin

Creamy
Fettuccine
with
Brussels
Sprouts &
Mush-
rooms

Shredded
Brussels
Sprouts
with
Bacon &
Onions

Brussels
Sprouts
with
Chestnuts
& Sage

Garlic
Roasted
Salmon &
Brussels
Sprouts

Healthy Brussels Sprouts

BRUSSELS SPROUT & POTATO HASH

☐ Heart Health ☐ Diabetes
☒ Weight Loss ☒ Gluten Free

ACTIVE: 45 MIN **TOTAL:** 45 MIN

This vegetarian Brussels sprout and potato hash recipe is a quick, easy dinner, perfect for a cool fall evening. Resist the urge to stir it too much! Cooking the hash undisturbed allows a crispy caramelized crust to form on the potatoes at the bottom of the pan. Look for hash browns that don't have added salt to help keep sodium in check.

- 3 tablespoons extra-virgin olive oil
- ¼ cup chopped onion
- ½ teaspoon dried rosemary
- 5 cups frozen shredded hash browns
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 pound Brussels sprouts, trimmed and thinly sliced
- ⅓ cup finely shredded Parmesan cheese
- 4 large eggs

- 1.** Heat oil in a large nonstick skillet over medium-high heat. Add onion and rosemary; cook, stirring, until beginning to brown, about 2 minutes. Stir in hash browns, salt and pepper. Spread into an even layer. Cook, undisturbed, for 4 minutes.
- 2.** Reduce heat to medium. Stir in Brussels sprouts, spread back into an even layer and cook, stirring every 2 to 3 minutes and returning to an even layer, until golden brown, 12 to 14 minutes total. Remove from heat and stir in cheese.
- 3.** Meanwhile, bring 2 inches of water to a boil in a Dutch oven. Reduce to a gentle simmer. Break an egg into a small bowl, submerge the bowl's lip in the water and slide the egg in. Repeat with the remaining eggs. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Transfer the eggs to a clean dish towel to drain. Serve the eggs over the hash.



SERVES 4: 1 EGG & 1 CUP HASH EACH

Per serving: 377 calories; 18 g fat (4 g sat, 11 g mono); 192 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 14 g protein; 7 g fiber; 594 mg sodium; 489 mg potassium.
Nutrition bonus: Vitamin C (129% daily value), Vitamin A (26% dv), Folate (25% dv), Iron (18% dv), Calcium (15% dv).

Healthy Brussels Sprouts

WILD RICE PILAF WITH SWEET POTATOES & BRUSSELS SPROUTS

- ☒ Heart Health ☐ Diabetes
- ☒ Weight Loss ☒ Gluten Free

ACTIVE: 45 MIN **TOTAL:** 1¼ HRS

Wild rice is intensely aromatic so it's a great match for the bold flavors of saffron and Madeira in this wild rice pilaf recipe. Roasted sweet potatoes and Brussels sprouts studded on top give it a festive look and help make it filling enough for a vegetarian main dish.

- 4 tablespoons extra-virgin olive oil, divided
- 1 medium onion, chopped
- 1 medium red or yellow bell pepper, chopped
- 2 cups sliced mushrooms (8 ounces)
- 1 tablespoon minced garlic
- ½ teaspoon salt plus a pinch, divided
- ½ teaspoon freshly ground pepper plus a pinch, divided
- ½ cup Madeira, preferably medium dry, or sherry
- 2 tablespoons tomato paste
- 1½ cups wild rice (about 10 ounces)
- 1 14-ounce can diced tomatoes, preferably fire-roasted
- 2 cups mushroom or vegetable broth
- 1½ cups water
- ¼ teaspoon crumbled saffron
- 2 cups halved Brussels sprouts
- 1 small sweet potato, peeled and cut into 1-inch cubes

1. Heat 2 tablespoons oil in a large oven-proof skillet over medium heat. Add onion, bell pepper, mushrooms, garlic and ¼ teaspoon each salt and pepper; cook, stirring occasionally, until the mushroom liquid has evaporated, 10 to 12 minutes. Whisk Madeira (or sherry) and tomato paste in a small bowl; add to the skillet. Cook, stirring, until the liquid turns syrupy and is almost absorbed, about 2 minutes.
2. Add wild rice, tomatoes, broth, water, saffron and ¼ teaspoon each salt and pepper. Bring to a boil over medium-high heat. Reduce heat, cover and simmer for 40 minutes. Uncover and simmer until the rice is tender and most of the grains are "popped,"



20 to 30 minutes more.

3. Meanwhile, preheat oven to 400°F.
4. Toss Brussels sprouts and sweet potato with the remaining 2 tablespoons oil and a pinch each of salt and pepper. Spread the vegetables in a single layer on a rimmed baking sheet. Roast, stirring once halfway through, until tender and browned in spots, 18 to 20 minutes.
5. Reduce oven temperature to 350°.
6. When the rice is done, arrange the roasted vegetables decoratively on top of it. Transfer the skillet to the oven to heat

through before serving, 5 to 10 minutes.

MAKES: 6 MAIN-DISH (1½ CUPS) OR 12 SIDE-DISH (¾ CUP) SERVINGS

Per main-dish serving: 334 calories; 10 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 48 g carbohydrate; 2 g added sugars; 10 g protein; 6 g fiber; 609 mg sodium; 602 mg potassium.

Nutrition bonus: Vitamin C (107% daily value), Vitamin A (97% dv), Magnesium (24% dv), Folate & Zinc (20% dv), Potassium (18% dv).

Healthy Brussels Sprouts

INDIVIDUAL BRUSSELS SPROUT & POTATO FRITTATAS

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 45 MIN

EQUIPMENT: Four 10-ounce ovenproof ramekins

Brussels sprouts and preshredded potatoes make these oversized muffin-shaped frittatas hearty. They're as good served warm for dinner as they are at room temperature for lunch. Pair with a mixed green salad with cherry tomatoes and buttermilk dressing.

- 1 tablespoon extra-virgin olive oil
- 2 cups refrigerated preshredded potatoes
- 8 ounces Brussels sprouts, trimmed and thinly sliced (about 2 cups)
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 16-ounce container liquid egg substitute, such as Egg Beaters
- ⅓ cup grated Parmesan cheese
- ¼ cup low-fat milk
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

1. Preheat oven to 400°F. Coat four 10-ounce ovenproof ramekins with cooking spray and place on a baking sheet.
2. Heat oil in a large nonstick skillet over medium-high heat. Add potatoes, Brussels sprouts, onion and garlic and cook, stirring, until softened and beginning to brown, about 6 minutes. Divide the mixture among the prepared ramekins.
3. Whisk egg substitute, cheese, milk, thyme, salt and pepper in a medium bowl. Pour the egg mixture over the potato mixture and gently stir to combine.
4. Transfer the baking sheet to the oven. Bake until the eggs are set and an instant-read thermometer inserted in a frittata registers 160°F, about 25 minutes.



SERVES 4

Per serving: 209 calories; 6 g fat (2 g sat, 3 g mono); 7 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 18 g protein; 3 g fiber; 666 mg sodium; 622 mg potassium.

Nutrition bonus: Vitamin C (75% daily value), Folate (28% dv), Vitamin A (24% dv), Iron (20% dv), Potassium (18% dv), Calcium (17% dv).

Healthy Brussels Sprouts

BRUSSELS SPROUT GRATIN

☒ Heart Health ☒ Diabetes

☒ Weight Loss ☐ Gluten Free

ACTIVE: 50 MIN **TOTAL:** 1 HR

TO MAKE AHEAD: Roast Brussels sprouts (Step 2) up to 30 minutes ahead. Prepare the sauce (Step 3), cover and refrigerate for up to 1 day; gently reheat until steaming before combining with the Brussels sprouts.

A creamy Brussels sprouts casserole is a delightful accompaniment to any holiday meal. Our healthier version skips the heavy cream and butter found in most recipes—saving about 160 calories and 12 grams of saturated fat compared to a traditional version.

2½ pound Brussels sprouts, trimmed and halved (quartered if large; about 8 cups)

2-3 tablespoons extra-virgin olive oil, divided

1 medium onion, thinly sliced

3 tablespoons all-purpose flour

¾ teaspoon salt

¼ teaspoon white or black pepper

2½ cups low-fat milk

1½ cups fresh whole-wheat breadcrumbs (see *Tips*) or **½** cup shredded or crumbled cheese

1. Position racks in upper and lower third of oven; preheat to 425°F.
2. Toss Brussels sprouts in a large bowl with 1 tablespoon oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.
3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any browned bits. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat. (See *Tips*)
4. When the Brussels sprouts are done, remove from the oven. Preheat the broiler.
5. Transfer half the Brussels sprouts to a 2-quart, broiler-safe baking dish. Spread half



the sauce over the Brussels sprouts. Add the remaining Brussels sprouts and top with the remaining sauce.

6. Combine breadcrumbs and the remaining 1 tablespoon oil in a small bowl (skip this step if you are topping with cheese).
7. Sprinkle the breadcrumb mixture (or cheese) over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.

SERVES 8: ABOUT 1 CUP EACH

Per serving: 177 calories; 7 g fat (1 g sat, 4 g mono); 4 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 8 g protein; 5 g fiber; 334 mg sodium; 654 mg potassium.

Nutrition bonus: Vitamin C (162% daily value), Folate (29% dv), Vitamin A (27% dv), Potassium (19%), Calcium (17% dv).

Carbohydrate servings: 1½

Exchanges: ½ starch, 1½ vegetables, 1 fat

TIPS

- To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about ½ cup fresh breadcrumbs.
- To add extra flavor to the cream sauce, at the end of Step 3 stir in 1 tablespoon chopped fresh herbs, such as thyme, sage or parsley. Or make it cheesy by stirring in ½ cup shredded or crumbled cheese, such as Gruyère, Swiss, Cheddar or blue cheese.

Healthy Brussels Sprouts

CREAMY FETTUCCINE WITH BRUSSELS SPROUTS & MUSHROOMS

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☐ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Sliced Brussels sprouts and mushrooms cook quickly and cling to the pasta in our fall version of pasta primavera. Look for presliced mushrooms to cut prep time. Serve with a tossed salad.

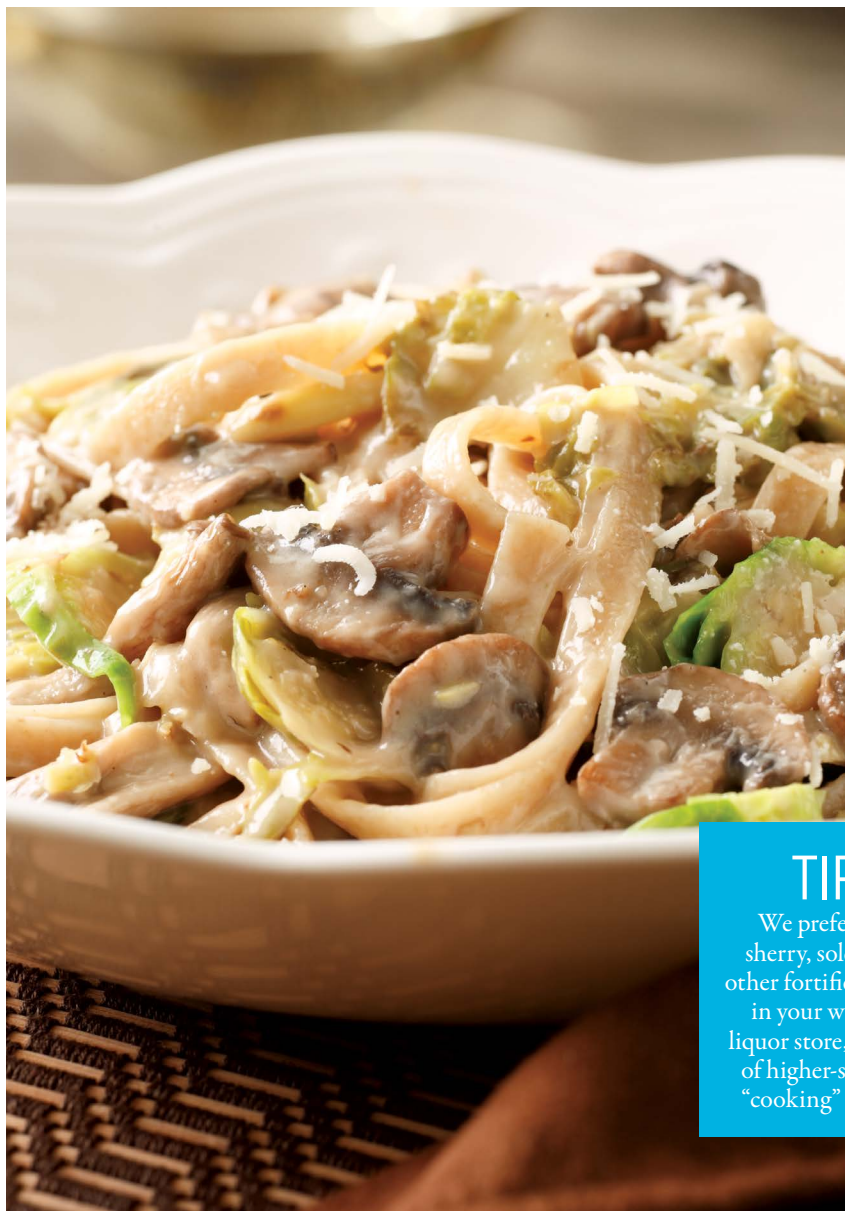
- 12 ounces whole-wheat fettuccine
- 1 tablespoon extra-virgin olive oil
- 4 cups sliced mixed mushrooms, such as cremini, oyster and/or shiitake
- 4 cups thinly sliced Brussels sprouts
- 1 tablespoon minced garlic
- ½ cup dry sherry (see Tip) or 2 tablespoons sherry vinegar
- 2 cups low-fat milk
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 cup finely shredded Asiago cheese, plus more for garnish

1. Cook pasta in a large pot of boiling water until tender, 8 to 10 minutes. Drain, return to the pot and set aside.

2. Meanwhile, heat oil in a large skillet over medium heat. Add mushrooms and Brussels sprouts and cook, stirring often, until the mushrooms release their liquid, 8 to 10 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Add sherry (or vinegar), scraping up any brown bits; bring to a boil and cook, stirring, until almost evaporated, 10 seconds (if using vinegar) or about 1 minute (if using sherry).

3. Whisk milk and flour in a bowl; add to the skillet with salt and pepper. Cook, stirring, until the sauce bubbles and thickens, about 2 minutes. Stir in Asiago until melted. Add the sauce to the pasta; gently toss. Serve with more cheese, if desired.

SERVES 6: ABOUT 1⅓ CUPS EACH



TIP

We prefer dry sherry, sold with other fortified wines in your wine or liquor store, instead of higher-sodium “cooking” sherry.

Per serving: 385 calories; 10 g fat (4 g sat, 2 g mono); 22 mg cholesterol; 56 g carbohydrate; 19 g protein; 10 g fiber; 438 mg sodium; 467 mg potassium.

Nutrition bonus: Vitamin C (75% daily value), Calcium (28% dv), Magnesium (25% dv), Folate (19% dv), Iron (18% dv), Vitamin A (16% dv).

Carbohydrate servings: 3

Exchanges: 3 starch, 1 vegetable, 1 high-fat meat, ½ fat

Healthy Brussels Sprouts

SHREDDED BRUSSELS SPROUTS WITH BACON & ONIONS

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

A small amount of bacon goes a long way to flavor these very thinly sliced Brussels sprouts—the results may even win over sprout skeptics.

- 2 slices bacon
- 1 small yellow onion, thinly sliced
- ¼ teaspoon salt
- ¾ cup water
- 1 teaspoon Dijon mustard
- 1 pound Brussels sprouts, trimmed, halved and very thinly sliced
- 1 tablespoon cider vinegar

1. Cook bacon in a large skillet over medium heat, turning once, until crisp, 5 to 7 minutes. Drain on a paper towel. Crumble.

2. Add onion and salt to the drippings in the pan. Cook over medium heat, stirring often, until tender and browned, about 3 minutes. Add water and mustard and scrape up any browned bits. Add Brussels sprouts and cook, stirring often, until tender, 4 to 6 minutes. Stir in vinegar and top with the crumbled bacon.

SERVES 6: ½ CUP EACH

Per serving: 47 calories; 1 g fat (0 g sat, 0 g mono); 2 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 175 mg sodium; 292 mg potassium.

Nutrition bonus: Vitamin K (145% daily value), Vitamin C (70% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable



Healthy Brussels Sprouts

BRUSSELS SPROUTS WITH CHESTNUTS & SAGE

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 35 MIN

TO MAKE AHEAD: Prepare through Step 1, cover and refrigerate for up to 8 hours.

Chestnuts and Brussels sprouts are a classic pair—the toasty, rich nuts balance the sprouts. This dish cuts down on the holiday oven grid-lock because it can be done on the stovetop.

- 2 pounds Brussels sprouts, trimmed and halved
- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons reduced-sodium chicken broth
- $\frac{3}{4}$ cup coarsely chopped chestnuts (about 4 ounces; see Tip)
- 2 teaspoons chopped fresh sage
- $\frac{1}{2}$ teaspoon salt
- Freshly ground pepper to taste

1. Bring a large saucepan of water to a boil. Add Brussels sprouts and cook until bright green and just tender, 6 to 8 minutes. Drain well.

2. Melt butter with oil and broth in a large skillet over medium heat. Add Brussels sprouts, chestnuts and sage and cook, stirring often, until heated through, 2 to 4 minutes. Season with salt and pepper. Serve warm or at room temperature.

SERVES 12: ABOUT $\frac{1}{2}$ CUP EACH

Per serving: 68 calories; 3 g fat (1 g sat, 1 g mono); 3 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 2 g protein; 3 g fiber; 117 mg sodium; 308 mg potassium.

Nutrition bonus: Vitamin C (90% daily value), Vitamin A (15% dv).

Carbohydrate servings: $\frac{1}{2}$

Exchanges: 1 vegetable, 1 fat



TIP

You don't need to prepare your own chestnuts for this dish. Cooked and peeled chestnuts are available in jars in the winter. Look for them in the baking aisle or near other seasonal food items.

Healthy Brussels Sprouts

GARLIC ROASTED SALMON & BRUSSELS SPROUTS

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 45 MIN

Roasting salmon on top of Brussels sprouts and garlic, flavored with wine and fresh oregano, is a meal that is simple enough for a weeknight meal yet sophisticated enough to serve to company. Serve with whole-wheat couscous.

- 14 large cloves garlic, divided
- ¼ cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- ¾ cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt and ¼ teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

SERVES 6

Per serving: 334 calories; 15 g fat (3 g sat, 9 g mono); 71 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 33 g protein; 3 g fiber; 485 mg sodium; 921 mg potassium.

Nutrition bonus: Vitamin C (107% daily value), Potassium (27% dv), Vitamin A (20% dv), Folate (19% dv), Magnesium (17% dv).

Carbohydrate servings: 1½

Exchanges: ½ starch, 1½ vegetables, 1 fat



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ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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