



Brussels Sprouts with Ham

3 cups trimmed, halved, fresh Brussels sprouts (about 1½ pounds)
¼ cup chopped lean ham
vegetable cooking spray

1 tablespoon light butter
½ teaspoon salt
¼ teaspoon black pepper
1 tablespoon fresh lemon juice

Prepare Brussels sprouts by pulling off any limp outer leaves, and closely trimming the stem end—don't cut too much off or the Brussels sprout may fall apart. Rinse under cold water. Cut in half. (If using frozen Brussels sprouts, do NOT cut in half.)

Steam Brussels sprouts in ½ inch boiling water 5 minutes or until sprouts are tender when pierced with a knife. Drain.

Heat a large nonstick skillet over medium heat; add ham and ½ tablespoon light butter. Cook 3 minutes or until slightly brown, stirring occasionally.

Remove from pan; set aside.

Coat the same pan with cooking spray and place over medium-high heat.

Add Brussels sprouts; cook 3 minutes or until lightly browned.

Add ½ tablespoon light butter, salt, and pepper, stirring until butter melts.

Remove from heat, drizzle with lemon juice.

Add ham; toss to combine.

Yield: 6, ½ cup servings

Nutrition Analysis: 80 calories; 2 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 320 mg sodium; 11 g carbohydrate; 4 g fiber; 3 g sugars; 5 g protein; 8% recommended allowance for vitamin A; 120% recommended allowance for vitamin C.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Brussels Sprouts

SEASON: June to November.

NUTRITION FACTS: Brussels sprouts provide a good amount of vitamin C, folate, potassium, and vitamin K.

SELECTION: Choose sprouts that are similar in size, firm, and compact with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or that have yellowed or wilted leaves.

STORAGE: Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

PREPARATION: Soak the Brussels sprouts in water for about 10 minutes and then rinse with fresh water to thoroughly clean the sprouts.

To boil: Using 1 cup of water for every cup of

Source: www.fruitandveggiesmatter.gov

sprouts, boil uncovered for 6 to 8 minutes or until tender.

To microwave: For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

To steam: Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

BRUSSELS SPROUTS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

September 2010

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