

Brussels Sprouts

- Trim stems and outer leaves. Cook whole, halved or thinly sliced. Roast, sauté or simmer 4-6 min.
- Oven-roast with spices, steam with lemon or combine with root vegetables as a tasty side dish.
- Eat soon (within 1 week).

Storage: keep unwashed in a perforated plastic bag for up to 5 days in the fridge.

To freeze: remove stems & outer leaves. Blanch 3-5 min., cool/dry and store in an airtight container.

