

Gleaning Brussels Sprouts



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cup Brussels Sprouts, **Protein:** 2.97 g, **Fat:** .26 g, **Carbohydrates:** 7.88 g, **Fiber:** 3.3 g, **Sugar:** 1.94 g, **Calcium:** 37 mg, **Magnesium:** 20 mg, **Potassium:** 342 mg, **Vitamin C:** 74.8 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Balsamic and Honey Roasted Brussels Sprouts*

Season: *Fall*

Ingredients: 1 ½ pounds of Brussels sprouts, halved, 3 Tbsp. olive oil, ¼ tsp. salt, ½ tsp. ground black pepper, 2 Tbsp. balsamic vinegar, 2 tsp. honey.

Instructions: 1. Preheat oven to 425 degrees and lightly oil a baking sheet. 2. In a large bowl, toss Brussels sprouts with olive oil, salt and pepper, and spread evenly on the baking sheet. 3. Bake for 20 minutes. 4. Place Brussels sprouts back in the bowl and coat with balsamic vinegar and honey. 5. Enjoy!

Fun Facts:

- ★ There are more than 110 varieties of Brussels sprouts.
- ★ The heaviest sprout ever grown was in 1992 and weighed 18 pounds.
- ★ There are more than 9,000 ways to cook Brussels sprouts.
- ★ Over-cooking Brussels sprouts makes them smell rotten. Sprouts cooked just right can taste sweet and nutty!
- ★ Fresh sprouts are green with a white base.

Source: *Telegraph.co.uk*

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,
Or to make a donation,

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