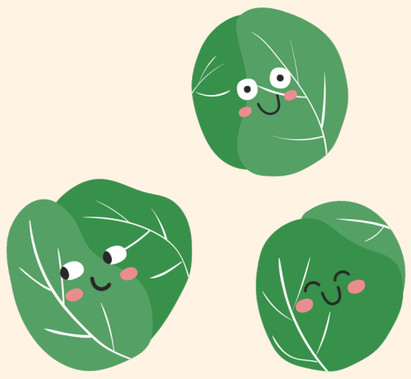


BOB THE BRUSSEL SPROUT



It's December and we are really excited to introduce our new Christmas Vegetable of the month!

Can you guess who I am?





Who Am I?

- Iam a small,round, green vegetable made up of lot of tiny, green leaves wrapped around each other
- I am hard and crunchy on the outside and soft on the inside
- I taste a little earthy and kind of like broccoli. When you cook me, I taste a bit sweeter



Did You Know?

- Brusselssprouts are members of the cabbage family
- They come in all sizes, from marble-sized to golf ball sized ones
- There are more than 110 different varieties of sprouts
- Brussel sprouts actually grow on stems, not in the ground
- They got their name from Brussels, a city in Belgium, where they became popular a long time ago

Where Can You Find Me?

- I like cool weather and usually grow in places where it is not too hot, like in Europe or America
- I grow on big, thick stems that stick up from the ground. We grow in rows along the sides of the stem, like tiny green balls lined up!
- I am available in shops from September-March as I am in season then
- The best way to store me is loosely, in a plastic bag or tub in the fridge

Why You Should Eat Me?

Brussels sprouts are like superhero veggies! They are packed with vitamins and nutrients that help your body stay strong and healthy!

- ***Vitamin C:*** I have lots of vitamin C, which boosts your immune system and helps fight off colds and germs
- ***Vitamin K:*** I'm full of vitamin K, which helps your bones grow strong and helps your cuts and bruises heal faster
- ***Fibre:*** I have fibre, which keeps your stomach happy and helps you feel full longer
- ***Folate:*** I contain folate which helps make new blood cells

Fun Ways to Eat Me

- You canboil me and eat me plain with your dinner

Or

- You could cut me in half, drizzle some olive oil, salt and pepper on me and roast me in the oven

Or

- You could fry me in some oil on a pan and then drizzle me in soy sauce and honey

Turn over for some cool recipes!



LOW PROTEIN RECIPES

CRISPY ROASTED BRUSSEL SPROUTS

(Recipe serves 3-4)

Ingredients:

- 450g Brussels sprouts, trimmed
- Extra-virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper

Optional Extras:

- 1 tablespoon fresh lemon juice
- 1 tablespoon grated low-protein parmesan cheese
- 1 tablespoon honey
- 1 tablespoon soy sauce
- Pinch red pepper flakes
- 1 tablespoon fresh parsley



90g portion is free. If more is eaten then you need to count as exchanges

Method:

1. Preheat the oven to 200°C and line a baking sheet with parchment paper.
2. Slice the Brussels sprouts in half, toss with drizzles of olive oil and pinches of salt and pepper, and spread on the baking sheet.
3. Roast for 20 to 30 minutes or until tender and golden brown around the edges.
4. The exact timing will depend on the size of your sprouts.
5. If desired, toss the roasted Brussels sprouts with the lemon juice, zest, low protein parmesan, soy sauce or honey. Garnish with parsley and red pepper flakes.