

Brussels sprouts: *A winter veggie powerhouse*

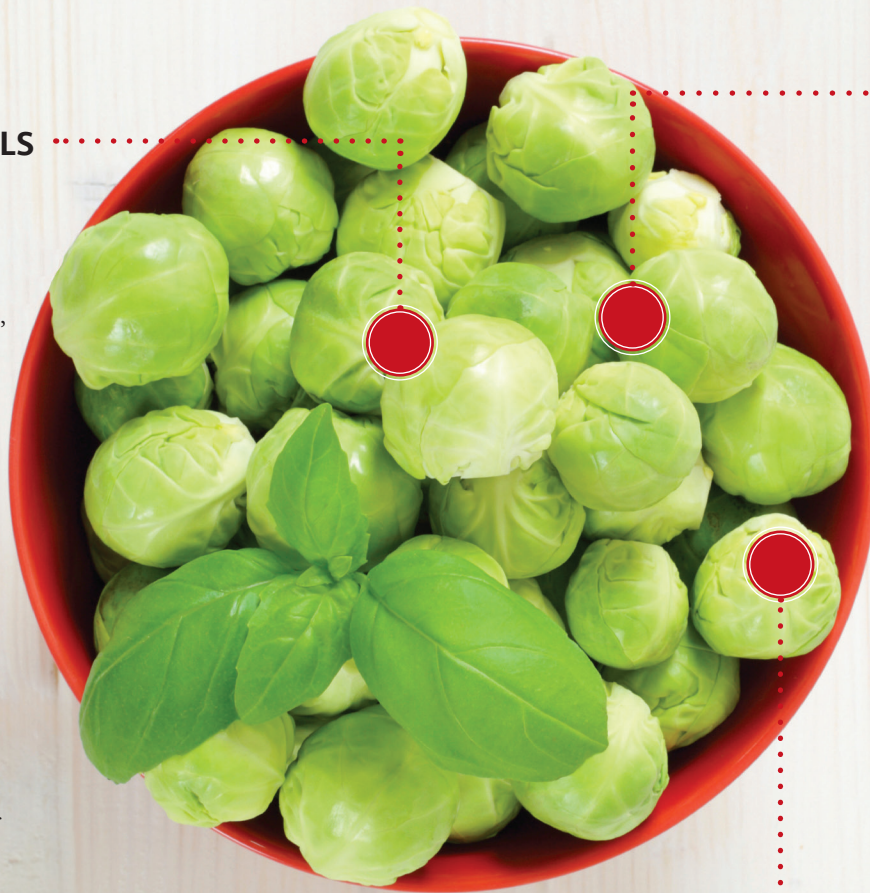
Brussels sprouts may have a reputation for being the vegetable your mother made you eat. But there's plenty of reasons that adults and kids alike should eat their Brussels sprouts. Their peak season is fall to winter, so now is a good time to try them.

WHY EAT BRUSSELS SPROUTS?

Brussels sprouts belong to the cruciferous vegetable family. Other cruciferous vegetables include broccoli, cauliflower, kale and cabbage.

Like other veggies, brussels sprouts are low in calories and packed with nutrients. They also have plenty of fiber to help with digestion. Fiber may also help you feel fuller, longer.

Brussels sprouts also have some special health benefits. They may play a role in reducing the risk of developing cancer.



HOW TO COOK BRUSSELS SPROUTS

Brussels sprouts are versatile and can be roasted, used in casseroles, salads and even on pizza. Many people can find a way to cook them that agrees with their tastes.

A popular way to roast them is to toss them with honey, lemon juice or dried fruit for a sweet side dish. But brussels sprouts also work well with savory flavors like parmesan cheese or garlic.

NUTRITION

One half cup of cooked Brussels sprouts contains just 28 calories. It also contains 2 grams of fiber and very little fat and carbohydrates.

Brussels sprouts are a good source of many important nutrients, including vitamins A and C. These vitamins are antioxidants, which help fight inflammation and some diseases.

In addition, Brussels sprouts are packed with vitamin K, which is important for blood clotting and healthy bones.

Brussels sprouts contain important minerals like iron, magnesium and phosphorus. And finally, they contain heart-healthy omega-3 fats.

If you haven't eaten Brussels sprouts in a while, give them a try. They make a nutritious and delicious addition to any diet.