

VEGETABLE of the MONTH

Cooking for Kids

Roasted Brussels Sprouts for Kids

Serves: 4

Ingredients:

1-pound fresh brussels sprouts
3 Tbsp olive oil
3 Tbsp honey
1 1/2 tsp garlic salt
Black pepper to taste

Optional:

1/4 cup dried cranberries
1/4 cup Parmesan cheese

Directions:

1. Preheat oven to 450 degrees F.
2. Cut off the ends of the brussels sprouts and then cut in half.
3. Whisk olive oil, honey, garlic salt and black pepper in a bowl and then toss with brussels sprouts.
4. Spread on a baking sheet and sprinkle with dried cranberries and Parmesan cheese.
5. Bake for 15-20 minutes until golden brown.

Recipe by superhealthykids.com

Books

Grades K-2

The Vegetables We Eat by Gail Gibbons
Lucy Leek and Bertie Brussels Sprout by Jayne Fisher

Grades 2-5

Brussels Sprouts for Breakfast by Rhonda Herrington Bulmer

The yummy & crunchy Brussels Sprout



Just the Facts

→ This miniature green cabbage is named after the city Brussels, Belgium.

→ Brussels sprouts are related to cabbage, kale and broccoli.

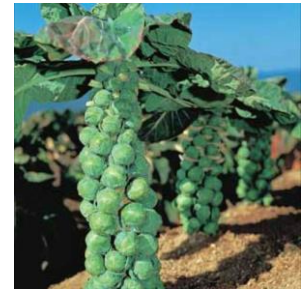
→ Brussels sprouts are a good source of vitamin K, vitamin C (more than an orange!) and folate.

→ This veggie is high in phytochemicals which can help prevent disease!

→ Brussels sprouts grow on stalks, creating many hiding places for insects.

→ Skagit Valley, Washington is the second largest producer of brussels sprouts in the USA, California is number 1.

→ Linus Urbanec holds the world record for the most Brussels sprouts eaten in one minute. He swallowed 31 in one minute in 2008.



Did You Know?

This Fall you can enjoy roasted Brussels sprouts at school! Check the menu to see which days we will be offering this delicious veggie!



Activity: Brussels Sprouts

COLOR AND COUNT

How many Brussels Sprouts are on the stalk? How many are in the bowl?

.....Brussels Sprouts.....

