

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Winter Harvest: 12/9/11

Light and Delicious Brussels Sprouts with Vinegar and Poppy Seeds

- 1-1/2 lbs. Brussels sprouts, trimmed
- 3 tablespoons olive oil
- 1 large shallot, finely chopped (or some red onion)
- Salt and pepper
- 2 tablespoons white wine vinegar (or rice wine vinegar)
- 1 tablespoon poppy seeds

Slice the Brussels sprouts in a food processor. In a large skillet, heat the oil over medium heat. Add the shallots and cook 2 or 3 minutes, stirring often until they begin to soften. Add the sliced Brussels sprouts, 1-1/2 teasps. salt, 1/2 teasps. pepper, stirring often so they don't stick, cook until soft – 4 to 6 minutes. Take off the heat and add the vinegar and poppy seeds and serve.

Storage: Though similar in structure to cabbage, brussels sprouts should be used within a few days of harvest, as long storage leads to bitter flavor. Remove from the stalk and refrigerate loose sprouts in a plastic container with a sheet of paper towel.

Nutrition: Low in saturated fat, and very low in cholesterol. Also a good source of thiamin, riboflavin, iron, magnesium, phosphorus and copper, and a very good source of dietary fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, folate, potassium and manganese.

Contributed by Elizabeth Milazzo