

# What's Cooking?

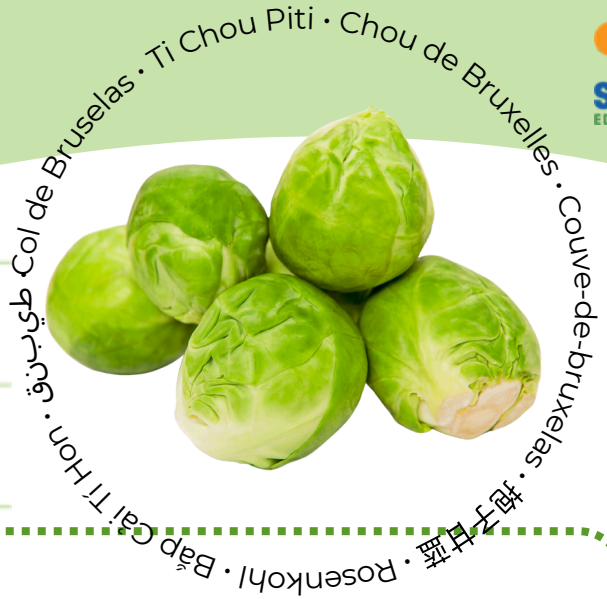
## with Florida Nutrition Ed



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## Produce Pickins: Brussels Sprouts



- ✓ Brussels sprouts may be tiny, but they're packed with nutrients like vitamin C, iron, folate, and fiber that help support your immune system, digestion, and overall health!
- ✓ One serving of Brussels sprouts delivers a big boost of fiber, which helps keep your digestion running smoothly and helps you feel full and satisfied after meals.

Brussels Sprouts, Cooked from Fresh		
Nutrition Facts		
Serving Size: 1 cup, whole pieces — 156g		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	56.2 kcal	3 %
<b>Total Fat</b>	0.8 g	1 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	32.8 mg	1 %
<b>Total Carbohydrate</b>	11.1 g	4 %
Dietary Fiber	4.1 g	16 %
Sugars	2.7 g	
<b>Protein</b>	4 g	8 %
Vitamin A	4 %	Vitamin C 161 %
Calcium	6 %	Iron 10 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

### Tips From FL Nutrition Ed

Most fruits and vegetables grow **seasonally**. Fresh fruits and vegetables eaten while in-season **taste better**, provide more **nutritional benefits**, and are **often cheaper**.

Go to [www.FollowFreshFromFlorida.com](http://www.FollowFreshFromFlorida.com) for a calendar of seasonal produce near you!



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## Brussels Sprouts & Chickpea Salad



### Ingredients:

- 3 cups shredded raw Brussels sprouts
- 3 tbs olive oil
- 2 tbs lemon juice
- ¼ tsp salt
- 1 cup cooked chickpeas
- ⅓ cup dried cranberries
- ¼ cup chopped nuts or seeds of your choice (walnuts, almond, sunflower seeds, etc.)

### Directions:

1. In a large bowl, combine the shredded Brussels sprouts with olive oil, lemon juice, salt, chickpeas, and cranberries.
2. In a pan, toast nuts or seeds (without any oil added) over low heat until they are warmed and fragrant, about 3-5 minutes, depending on their size.
3. Toss the Brussels sprouts mixture with half of the toasted nuts or seeds and season to taste with salt. Top with the remaining nuts or seeds and serve immediately, or refrigerate for 30 mins and serve cold.



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