

Brussels Sprouts Tips

- Choose sprouts that are similar in size, firm, compact, and with leaves free of blemishes and bright green.
- Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or that have yellowed or wilted leaves. At farmers markets, Brussels sprouts are most likely sold on the stem.
- Store Brussels sprouts unwashed in a covered container or perforated plastic bag in the refrigerator. Will hold for up to one week.
- Remove yellow or wilted leaves and wash immediately before use.
- Brussels sprouts are a good source of vitamins C and K, folate, potassium, copper and magnesium. Brussels sprouts are fat-free, cholesterol-free, very low in sodium, and low in calories.

Lemon Dill Brussels Sprouts

Try this different way to eat Brussels sprouts. The Greek yogurt combined with the dill makes the perfect creamy, fresh vegetable dish.

Yield: 4 Servings

Time: 25 Minutes

Ingredients

- 1 cup plain Greek yogurt, fat free (or low-fat)
- 1 teaspoon dill weed
- 1 teaspoon lemon juice
- ½ teaspoon salt
- 2 cups Brussels sprouts, trimmed and halved lengthwise (1 pound)
- 2 teaspoons margarine or butter
- ¼ cup water

Source: <https://www.myplate.gov/recipes/lemon-dill-brussels-sprouts>

Instructions

1. Wash hands with soap and water.
2. In a small bowl, mix yogurt, dill weed, lemon juice, and salt. Set aside.
3. In a large skillet over medium-high heat, sauté sprouts (cut side down) in margarine or butter until they begin to brown.
4. Stir sprouts and add water. Cover the pan and steam until the water is gone and sprouts are tender crisp, about 3 to 5 minutes.
5. Mix sprouts with lemon dill sauce. Serve warm.





Brussels Sprouts, Cranberry, and Bulgur Salad

Step up your salad game with this delicious dish, perfect for a gathering of friends or an easy lunch. Try substituting sunflower or pumpkin seeds for a nut-free option.

Yield: 5 Servings

Time: 45 Minutes

Instructions

Ingredients

- 1/3 cup dried bulgur
- 1 cup boiling water
- 2 cups Brussels sprouts (1/2 pound)
- 1/2 cup dried cranberries
- 1/4 cup chopped nuts (any type)
- 1/4 cup orange juice
- 2 tablespoons vegetable oil
- 2 tablespoons vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

1. Wash hands with soap and water.
2. Cover bulgur with boiling water and let stand until soft, about 30 minutes. Pour off any excess water.
3. Rinse and trim Brussels sprouts. Cut in half lengthwise then slice crosswise into thin strips.
4. In a large bowl combine bulgur, Brussels sprouts, cranberries and nuts.
5. In a small bowl or jar with a lid, combine orange juice, oil, vinegar, salt and pepper. Mix or shake well. Pour over salad and serve.



Source: <https://www.myplate.gov/recipes/brussel-sprouts-cranberry-and-bulgur-salad>



Stir-Fry with Chicken and Noodles

This recipe is quick to make and adaptable to your own taste! You could make it vegetarian by removing the chicken or add some extra crunch by using crunchy peanut butter.

Yield: 10 Servings

Time: 40 Minutes

Ingredients

- 4 cups water
- 2 packages ramen-style noodles (3 ounces each)
- 2 chicken breasts, boneless, skinless, cut into strips
- ¼ cup peanut butter
- 2 tablespoons soy sauce, reduced sodium
- ½ cup water
- 1 tablespoon vegetable oil
- 1 teaspoon red pepper flakes
- 1 teaspoon finely chopped fresh ginger (or ½ teaspoon ground ginger)
- 2 carrots, thinly sliced (about 2 cups)
- ½ head cabbage, thinly sliced (about 6 cups)
- ¼ cup green onion, thinly sliced

Instructions

1. Wash hands with soap and water.
2. Bring 4 cups water to boil in a 2 to 3 quart saucepan. Add noodles, cover, and remove from heat (do not add flavor packets). Wait one minute. Drain noodles and set aside.
3. In a small saucepan, combine peanut butter, soy sauce and ½ cup water. Heat over low heat, stirring until smooth. Remove from heat.
4. Heat oil in a large skillet over medium-high heat (350 °F in an electric skillet). Add chicken and cook until no longer pink when cut, about 3 to 5 minutes.
5. Add red pepper, ginger, and carrots and cook for 2 to 3 minutes. Add cabbage and cook 3 to 4 minutes or until cabbage is crisp-tender.
6. Stir in green onion, cooked noodles, and peanut sauce. Toss and serve right away..

Source: <https://www.myplate.gov/recipes/stir-fry-chicken-noodles>



Fish Tacos

Fish tacos are a fun way to add fish to your meal. Cabbage from the coleslaw mix gives some crunch and extra nutrients.

Yield: 4 Servings

Time: 20 Minutes

Ingredients

- 1 red onion, chopped
- ½ cup cilantro, chopped
- 1 cup packaged coleslaw mix
- 4 4-ounce tilapia fillets (or any white fish)
- 1 teaspoon chili powder (more or less to taste)
- 8 small corn tortillas

Instructions

1. Wash hands with soap and water.
2. Clean and chop onion, cilantro, and cabbage. Mix in a bowl and set aside.

3. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
4. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it “flakes” or pulls apart easily when separated with a fork.
5. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
6. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.



Source: <https://www.myplate.gov/recipes/fish-tacos>



Honey Tea Bread

Yield: 10 Servings

Time: 80 Minutes

Ingredients

- 8 ounces raisins
- 3 ounces set honey
- ½ pint freshly made strong tea
- 2 eggs, lightly beaten
- 10 ounces whole-wheat flour
- ½ teaspoon ground mixed spice
- 1 tablespoon baking powder

Source: <https://www.honeyassociation.com/honey-tea-bread>



Instructions

1. Place the raisins in a bowl. Stir the honey into the tea and pour over raisins. Leave to soak for 2 hours. Stir the eggs into the raisin mixture.
2. Pre-heat oven to 350°F. Mix the flour with the spice and baking powder then mix these dry ingredients into the raisin mixture. Transfer to a greased 2 pound loaf tin and bake for about 1 hour 10 minutes.
3. Cool on a wire rack and serve sliced and buttered.



**Eat
Well**

Brussels Sprouts with Apples and Onions

This dish is a creative way to use delicious apples during autumn. Give sautéed Brussels sprouts a try. They're quite different than boiled!

Yield: 8 Servings

Time: 20 Minutes

Ingredients

- 1 tablespoon vegetable oil
- 1 cup diced onion
- 4 cups sliced Brussels sprouts
- 2 cups diced apple
- 4 tablespoons lemon juice
- 1 teaspoon black pepper
- Salt, to taste

Source: <https://jsyfruitveggies.org/brussels-sprouts-with-apples-and-onions/>



Instructions

1. Heat oil in a large pan over medium heat.
2. Add onion. Cook for 5 minutes, stirring often, until soft.
3. Add Brussels sprouts and cook 5 minutes, stirring often.
4. Add the apple and cook 5-10 minutes, or until apples are soft.
5. Remove from heat. Add lemon juice, pepper and salt. Mix well.
6. Serve hot and enjoy!
7. Refrigerate leftovers.



Carrot, Honey & Raisin Cake

Yield: 8 Servings

Time: 90 Minutes



Ingredients

- 3 carrots
- 4 ounces self-raising flour
- 4 ounces wholemeal self-raising flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 ounce brown sugar
- 5 ounces honey
- 3 eggs
- 1 teaspoon vanilla extract
- 4 fluid ounces sunflower oil
- 3 ounces raisins
- 2-3 tablespoons milk

Instructions

1. Pre-heat oven to 325°F



2. Line an 8 inch round cake tin with greaseproof paper and brush with a little oil.
3. Peel and grate the carrots. Place the flours, baking powder, cinnamon and sugar in a bowl and mix together.
4. Put the honey, eggs, vanilla, and oil in a separate bowl and mix together with a whisk or fork. Add to the flour mixture and mix well. Stir in the grated carrots and raisins with a metal spoon. Add a little milk to give a fairly soft consistency.
5. Spoon the cake mixture into the lined tin. Bake for about 1 hour. Check that the cake is done by inserting a skewer or knife into the
6. Leave the cake to cool in the tin for 10 minutes, then loosen the sides and turn out on to a wire rack. Remove the lining paper and leave to cool.

Source: <https://www.honeyassociation.com/carrot-honey-raisin-cake>



Mexican Black Bean and Spinach Pizza



This black bean pizza recipe tops any you'll find at a pizza joint. Packed with flavorful salsa, spinach, cilantro, and cheese, this is a must-bake black bean pizza recipe, and well loved by the whole family!

Yield: 4 Servings

Time: 30 Minutes

Ingredients

- 1 10-ounce Italian cheese-flavored thin pizza crust (such as Boboli)
- 1 15-ounce can, rinsed and drained, or
- 1 $\frac{3}{4}$ cups cooked dry-packaged black beans
- $\frac{2}{3}$ cup onion, chopped
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 garlic clove, minced
- $\frac{1}{2}$ cup bottled salsa
- $\frac{1}{2}$ 10-ounce package frozen chopped spinach, thawed, drained, and squeezed dry
- 2 tablespoons chopped fresh cilantro
- $\frac{1}{2}$ teaspoon hot sauce
- $\frac{1}{2}$ cup sharp cheddar cheese, shredded
- $\frac{1}{2}$ cup Monterey Jack cheese, shredded

Instructions

1. Preheat oven to 375 degrees.
2. Place pizza crust on a baking sheet; bake for 5 minutes or until crisp.
3. Using a fork mash beans; combine beans with onion, ground cumin, chili powder and garlic in medium bowl, stirring to combine.
4. Spread bean mixture over crust, leaving a 1 inch border.
5. Spoon salsa evenly over bean mixture; top with spinach and cilantro. Drizzle with hot sauce; sprinkle with cheeses.
6. Bake at 375 degrees for 15 minutes or until crust is lightly browned.

Source: <https://usdrybeans.com/2020/10/15/mexican-black-bean-and-spinach-pizza-2/>

Spicy Black Bean Cakes

These spicy black bean cakes have a satisfying crunch to them, and pack a variety of bold flavors to match. They can be made ahead of time to make for a quick and easy cooked meal.



Yield: 10 Servings

Time: 30 Minutes

Ingredients

- 3 15-ounce cans, rinsed and drained, or
- 5 ¼ cups cooked dry-packaged black beans
- 2 large eggs
- 3 cups toasted fresh breadcrumbs made from crustless French bread, divided
- 1 cup chopped red bell pepper
- ½ cup chopped green onions (about 4 onions)
- ½ cup chopped fresh cilantro
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon ground black pepper
- 4 tablespoons vegetable oil
- Bottled salsa
- Sour cream
- Avocado slices

Instructions

1. In a blender or food processor, puree two cups of black beans and the eggs until smooth.
2. Stir in remaining beans, 1 ½ cups breadcrumbs, and next 10 ingredients.
3. Using your hands shape the mixture into 10 ½ inch thick patties, about ½ cup mixture for each.
4. Transfer patties to baking sheet. (Can be prepared up to 4 hours ahead.) Cover and chill.
5. Coat black bean cakes on both sides with remaining breadcrumbs.
6. Heat 2 tablespoons oil in each of 2 heavy large skillets over medium heat.
7. Add 5 black bean cakes to each skillet; cook until golden brown, about 3 minutes per side. Repeat until all cakes are sautéed.
8. Transfer to plates. Serve topped with salsa, sour cream, and avocado slices.

Source: <https://usdrybeans.com/2020/10/06/black-bean-cakes-2/>



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