

# Brussel Sprouts

## Storage

Store unwashed in refrigerator for up to three days, leave the individual buds on the stalk until ready to use.

## Preparation

Cut the sprouts from the stalks, cut larger sprouts in half, then remove any discolored or wilted leaves. Brussels sprouts can be steamed, boiled, or roasted. Be careful not to overcook.

## Nutrition

Brussel sprouts have anti-inflammatory, antioxidant, and anticancer benefits and are particularly useful for detoxing the body of harmful substances. They also support cardiovascular and digestive health.

