



## Edmonton Journal, January 7, 2015

### Question: How can I make Brussels sprouts more exciting?

Answer: Brussels sprouts are an excellent source of vitamin C and vitamin K, as well as folate and fibre. Here are our favourite ways to help you bring this hardy winter vegetable back to your dinner table:

The key to tasty Brussels sprouts is to ensure that they are not overcooked. If boiling, they will be tender in about 5 minutes and will appear a brighter green. If steaming, they will take about 10 minutes. Shock the Brussels sprouts immediately in an ice bath to stop them from cooking further. To serve reheat them with melted butter and lemon juice just before serving.

Roasting Brussels sprouts results in a slightly crisp, charred, caramel outside and creamy, tender insides. Cut Brussels sprouts in half lengthwise and toss with olive oil, salt and pepper; roast in a 450°F oven, stirring occasionally, until browned, about 15 minutes. If your palate tends to run on the sweeter side, try adding a drizzle of balsamic vinegar, or some maple syrup and a squeeze of lemon. For those who like things savoury, crumbled bacon and freshly grated Parmesan are a classic flavour combination.

Don't want to turn on your oven? Brussels sprouts can easily be pan-roasted as well. Halve or quarter your sprouts, then heat a pan with oil over medium-high heat. Cook, stirring occasionally, until the Brussels sprouts are browned and tender, about 10-15 minutes.

Brussels sprouts salads and slaws are becoming increasingly popular. Slice the Brussels sprouts thinly with a mandoline or sharp knife. Dress the shaved sprouts simply with some olive oil and lemon, or try a creamy mustard-based dressing. Top with toasted almonds, walnuts or hazelnuts.

We Can Help! is a weekly column from ATCO Blue Flame Kitchen. Do you have a cooking or household question you'd like the ATCO Blue Flame Kitchen Answer Line to help you with? Call us toll-free at 1-877-420-9090 Monday to Friday, from 9 a.m. to 4 p.m., or send us an email at [bfkanswerline@atcogas.com](mailto:bfkanswerline@atcogas.com). For our searchable database of kitchen-tested recipes, along with household tips and expert advice, visit our website at [www.atcoblueflamekitchen.com](http://www.atcoblueflamekitchen.com)