



## Brussels Sprouts with Ham

**3 cups** trimmed, halved, fresh Brussels sprouts (about 1½ pounds)  
**¼ cup** chopped lean ham  
vegetable cooking spray

**1 tablespoon** light butter  
**½ teaspoon** salt  
**¼ teaspoon** black pepper  
**1 tablespoon** fresh lemon juice

**Prepare** Brussels sprouts by pulling off any limp outer leaves, and closely trimming the stem end—don't cut too much off or the Brussels sprout may fall apart. Rinse under cold water. Cut in half. (If using frozen Brussels sprouts, do NOT cut in half.)

**Steam** Brussels sprouts in ½ inch boiling water 5 minutes or until sprouts are tender when pierced with a knife. Drain.

**Heat** a large nonstick skillet over medium heat; add ham and ½ tablespoon light butter. Cook 3 minutes or until slightly brown, stirring occasionally.

**Remove** from pan; set aside.

**Coat** the same pan with cooking spray and place over medium-high heat.

**Add** Brussels sprouts; cook 3 minutes or until lightly browned.

**Add** ½ tablespoon light butter, salt, and pepper, stirring until butter melts.

**Remove** from heat, drizzle with lemon juice.

**Add** ham; toss to combine.

**Yield:** 6, ½ cup servings

**Nutrition Analysis:** 80 calories; 2 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 320 mg sodium; 11 g carbohydrate; 4 g fiber; 3 g sugars; 5 g protein; 8% recommended allowance for vitamin A; 120% recommended allowance for vitamin C.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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# Kentucky Brussels Sprouts

**SEASON:** June to November.

**NUTRITION FACTS:** Brussels sprouts provide a good amount of vitamin C, folate, potassium, and vitamin K.

**SELECTION:** Choose sprouts that are similar in size, firm, and compact with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or puffy, or that have yellowed or wilted leaves.

**STORAGE:** Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

**PREPARATION:** Soak the Brussels sprouts in water for about 10 minutes and then rinse with fresh water to thoroughly clean the sprouts.

**To boil:** Using 1 cup of water for every cup of

**Source:** [www.fruitandveggiesmatter.gov](http://www.fruitandveggiesmatter.gov)

sprouts, boil uncovered for 6 to 8 minutes or until tender.

**To microwave:** For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

**To steam:** Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

## BRUSSELS SPROUTS

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

### September 2010

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/fcs](http://www.ca.uky.edu/fcs).

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