



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Brussels Sprout

Lakota: čhammíigmigma



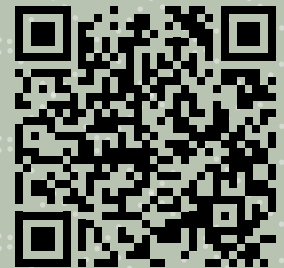
Pick it!

Should be firm,
green, not
yellow, compact
and about 1 inch
in diameter.

Try it!

Great steamed,
braised, boiled
or microwaved.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Brussels Sprout

In season:



Summer and
Fall

Lakota: čhammĩgmigma

Pick it!

Look like little heads of cabbage with a similar but slightly milder flavor and a more dense texture.

Best if picked after a light frost.

Should be firm, green, not yellow, compact and about 1 inch in diameter.

Best when fresh; store no more than 1-2 days.

Store unrinsed in plastic bags in the vegetable bin of the refrigerator.

Can be eaten as a side dish or added to soups, stews and casseroles.

Select sprouts similar in size and cut larger sprouts in half to help with even cooking.



Try it!

Great steamed, braised, boiled or microwaved.

Remove loose, yellow and bruised outer leaves and rinse well under running water.

Cut an X in the bottom of the stem for even cooking as the core cooks more slowly.

Do not overcook – this results in dull green color and loss of flavor and nutritional value (7-10 minutes).



Types of Brussels Sprout

Green: Most common; includes many growing varieties which are very similar.

Reddish/purple: Resembles small red cabbages, some sprouts retain bluish-purple color when cooked.



Did you know...

Folate and Folic acid protect against heart attack and stroke and prevent neural tube defects in pregnant women. Folate can be found in leafy vegetables.

Like it!

Braised Brussels Sprout with Mustard Butter

Ingredients

- 1 pound small firm bright green Brussels sprouts
- ½ teaspoon salt
- ½ cup water
- 2 Tablespoons melted margarine
- 2 Tablespoons Dijon mustard
- Ground black pepper to taste

Directions

1. Check each head; peel off loose or discolored leaves.
2. Using a pairing knife, cut an X through the core end of each head.
3. Place sprouts, water and salt into a 2 quart saucepan and bring to a boil over medium-high heat. After reaching a boil, lower heat, cover and simmer for 8-10 minutes, or until tender. Shake pan once or twice during cooking to roll the sprouts.
4. Test to check if sprouts are cooked by piercing with pairing knife tip to the core end. It should enter sprouts with slight resistance. If done, drain.
5. Melt margarine in a large skillet on medium heat. Cook stirring constantly, until smooth and creamy, about 30 seconds.
6. Add sprouts to skillet, coating well with margarine mixture. Season to taste with salt and pepper.

Yields 4 servings

Nutrition Facts per Serving:
Calories 140; Fat 8g; Cholesterol 0mg; Carbohydrates 16g; Fiber 6g; Sugars 3g; Protein 5g

Brussels Sprouts with Mushroom Sauce

Ingredients

- 2 cups Brussels sprouts (or broccoli, cabbage, kale, collards or turnips)
- ½ cup low-sodium chicken broth
- 1 teaspoon lemon juice
- 1 teaspoon spicy brown mustard
- ½ teaspoon thyme, dried
- ½ cup mushrooms, sliced

Directions

1. Trim Brussels sprouts and cut in half.
2. Steam sprouts in saucepan with water until tender, about 6-10 minutes or microwave on high for 3-4 minutes.
3. In a non-stick pot, bring the broth to a boil. Mix in the lemon juice, mustard and thyme. Add the mushrooms and boil broth until it is reduced by half, about 5-8 minutes.
4. Add Brussels sprouts (or other cooked vegetable). Toss to coat with sauce.

Yields 2 servings

Nutrition Facts per Serving:
Calories 54; Fat 1g; Cholesterol 0mg; Carbohydrates 10g; Fiber 4g; Sugars 2g; Protein 5g

Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
extension.sdstate.edu**

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Brussels Sprout

Lakota: čhammígmigma

- Look like little heads of cabbage with a similar but slightly milder flavor and a more dense texture.
- Should be firm, green, not yellow, compact and about 1 inch in diameter.
- Store un-rinsed in plastic bags in vegetable bin in refrigerator.
- Great steamed, braised, boiled or microwaved.
- Remove loose, yellow and bruised outer leaves and rinse well under running water.
- Cut an X in the bottom of the stem for even cooking as the core cooks more slowly.
- Do not overcook – this results in dull green color and loss of flavor and nutritional value (7-10 minutes).

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Braised Brussels Sprouts with Mustard Butter

Ingredients

- 1 pound small firm bright green Brussels sprouts
- ½ teaspoon salt
- ½ cup water
- 2 Tablespoons melted margarine
- 2 Tablespoons Dijon mustard
- Ground black pepper to taste

Directions

1. Check each head; peel off loose or discolored leaves.
2. Using a pairing knife, cut an X through the core end of each head.
3. Place sprouts, water and salt into a 2 quart saucepan and bring to a boil over medium-high heat. After reaching a boil, lower heat, cover and simmer for 8-10 minutes, or until tender. Shake pan once or twice during cooking to roll the sprouts.
4. Test to check if sprouts are cooked by piercing with pairing knife tip to the core end. It should enter sprouts with slight resistance. if done, drain.
5. Melt margarine in a large skillet on medium heat. Cook stirring constantly, until smooth and creamy, about 30 seconds.
6. Add sprouts to skillet, coating well with margarine mixture. Season to taste with salt and pepper.

Yields 4 servings

Nutrition Facts per Serving:

Calories 54; Fat 1g; Cholesterol 0mg; Carbohydrates 10g; Fiber 4g; Sugars 2g; Protein 5g

Brussels Sprouts with Mushroom Sauce

Ingredients

- 2 cups Brussels sprouts (or broccoli, cabbage, kale, collards or turnips)
- ½ cup low-sodium chicken broth
- 1 teaspoon lemon juice
- 1 teaspoon spicy brown mustard
- ½ teaspoon thyme, dried
- ½ cup mushrooms, sliced

Directions

1. Trim Brussels sprouts and cut in half.
2. Steam sprouts in saucepan with water until tender, about 6-10 minutes or microwave on high for 3-4 minutes.
3. In a non-stick pot, bring the broth to a boil. Mix in the lemon juice, mustard and thyme. Add the mushrooms and boil broth until it is reduced by half, about 5-8 minutes.
4. Add Brussels sprouts (or other cooked vegetable). Toss to coat with sauce.

Yields 2 servings

Nutrition Facts per Serving:

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SOUTH DAKOTA STATE
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Brussel Sprout

In season:



Summer and
Fall

Lakota: čhammígmigma

Sampling Display Instructions

Braised Brussels Sprout with Mustard Butter

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per serving			
Small, firm, green Brussels sprout	1 ½ pounds	2 pounds	3 pounds
Salt	¾ teaspoon	1 teaspoon	1 ½ teaspoons
Water	¾ cup	1 cup	1 ½ cups
Melted margarine	⅓ cup	3 Tablespoons	¼ cup
Dijon mustard	2 Tablespoons	Tablespoons	¼ cup
Ground black pepper	To taste	To taste	To taste

Directions:

Check each sprout and peel off any loose or discolored leaves. Using a pairing knife, cut an X into the end of each sprout. Place sprouts, water and salt in a 2-quart saucepan. Bring to boil over medium high heat. Lower heat, cover and simmer. Shake the pan once or twice during cooking to roll the sprouts. Cook until just tender, about 8-10 minutes. Drain well. Transfer to warm crockpot. Melt margarine in large skillet on medium heat. Stir mustard into margarine until smooth. Cook, stirring constantly, until smooth and creamy, about 30 seconds. Season to taste with salt and pepper. Add mustard sauce to Brussels sprout in the slow cooker. Mix well. Transport in the crockpot.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtu.be/aSAGhCXo-ZLA?si=h_4hodPMxw1WPgYK



Notes:

- Prepare Braised Brussels Sprout with Mustard Butter. Transport and keep warm in a slow cooker.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on small plates. Provide forks. Ask parent's permission before children may sample.
- Ask if they use Brussels sprout often in their meals. Ask them if they could use this recipe.
- Remind them that this recipe is a great side to beef, chicken or fish.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Brussels Sprouts with Mushroom Sauce

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per serving			
Brussels sprout*	3 cups	4 cups	6 cups
Chicken broth, low sodium	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{2}$ cups
Lemon juice	1 $\frac{1}{2}$ teaspoons	2 teaspoons	1 Tablespoon
Spicy brown mustard	1 $\frac{1}{2}$ teaspoons	2 teaspoons	1 Tablespoon
Thyme, dried	$\frac{3}{4}$ teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoons
Mushrooms, sliced	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{2}$ cups
* Broccoli, cabbage, kale, collards or turnips can be used in place of Brussels sprout.			

Directions:

Trim Brussels sprouts and cut in half. Steam until tender, about 6-10 minutes, or microwave on high 3-4 minutes. In a non-stick pot, bring the broth to a boil. Mix in the lemon juice, mustard and thyme. Add the mushrooms. Boil until the broth is reduced by half, about 5-8 minutes. Add the Brussels sprouts (or other cooked vegetable). Toss to coat with sauce.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks
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- Recipe video (optional)
youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Prepare Brussels Sprouts with Mushroom Sauce. Transport and keep warm in a slow cooker.
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