

# Fresh Facts:

## Brussels Sprouts

### HEALTHY INSIGHTS

### Chef Ben's cooking tip:

Brussels sprouts are delicious raw - shred them thin and mix them into a salad. If cooking, be careful not to overdo it - they should be bright green and crisp-tender, not dull and mushy!

- Just 1/2 cup of brussels sprouts provides 8% of your daily fiber!
- Brussels sprouts offer high levels of Vitamins K, A, and C as well as folate and Omega-3 fatty acids.
- They contain kaempferol, an antioxidant that may reduce cancer growth, decrease inflammation, and promote heart health.

### FRESH TRIVIA

These mini-cabbage-looking veggies are named after the capitol of Belgium, where they were a popular 16th century crop.

