

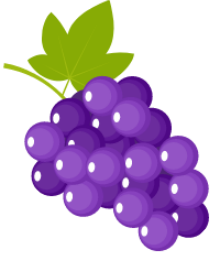
BRUSSELS SPROUTS & GRAPES

MAKES 4 SERVINGS

INGREDIENTS



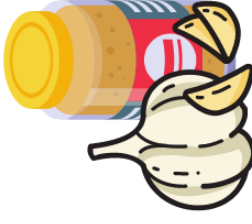
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1 LB BRUSSELS SPROUTS

1 CUP GRAPES

2 TABLESPOONS

OLIVE OIL

1/2 TEASPOON

GARLIC POWDER

BLACK PEPPER

TO TASTE

INSTRUCTIONS

1. Wash, remove any brown leaves, trim the Brussels sprouts, then cut in half.
2. Remove grapes from stem and cut into quarters.
3. Heat oil in skillet over medium heat. Add Brussels sprouts, grapes, and garlic powder, and pepper to skillet. Place lid on skillet and cook for 5 minutes or until Brussels sprouts are softened.
4. Remove lid and cook for 3 more minutes or until Brussels sprouts are browned and bright green.



Nutrition Facts

Servings: 4

Amount per serving

Calories

138

% Daily Value*

Total Fat 7.4g 9%

Saturated Fat 1.1g 6%

Cholesterol 0mg 0%

Sodium 29mg 1%

Total Carbohydrate 17.7g 6%

Dietary Fiber 4.5g 16%

Total Sugars 8.6g

Protein 4.2g

Vitamin D 0mcg 0%

Calcium 43mg 3%

Iron 1mg 8%

Potassium 521mg 11%

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