

OUR FAVORITE CANCER-FIGHTING RECIPES

Roasted Brussel Sprouts

Ingredients:

- 1 lb. brussel sprouts (about 20 sprouts)
- 1 Tablespoon extra virgin olive oil
- Salt & pepper to taste (maybe about 1/8 teaspoon each)

Procedure:

- 1) Wash the brussel sprouts to get rid of any dirt or grit.
- 2) Cut off the browned ends of each sprout.
- 3) Put the sprouts in a large bowl.
- 4) Sprinkle the olive oil over the sprouts.
- 5) With one clean hand or a large wooden spoon, stir the sprouts to evenly coat them in olive oil.
- 6) Sprinkle salt and pepper on the sprouts and stir.
- 7) Cover a large, flat cookie sheet (about 15 X 10 inches) with aluminum foil.
- 8) Spread the sprouts onto the cookie sheet.
- 9) Place the cookie sheet on the middle rack in your oven and broil under low heat.
- 10) Check the sprouts after 5-10 minutes. When they are slightly charred or browned, rotate them with a pair of long tongs to expose the uncharred side. (Be sure to use an oven mitt to protect your hand.)
- 11) After another 5-10 minutes, check to see if the sprouts are done. They should be slightly charred and soft, but not too squishy.

Note: This recipe can also be used with broccoli and cauliflower cut into golf ball size pieces.

Serves: 3-4 servings

Nutritional content:

1 cup (or 88 grams) of brussel sprouts alone contains only 38 calories, but has 124% of the DV for vitamin C, 13% of the DV for vitamin A, and 10% of the DV for vitamin B-6, as well as lots of fiber and potassium. (1 Tablespoon of olive oil adds 120 calories).