



DISCOVERY DAYS!

Brussel Sprouts

- They are a member of the cabbage family that includes veggies with edible leaves.
- Some people taste Brussel sprouts and other cabbages as bitter due to a gene known as TAS2R38.
- One cup if only 56 calories and 4 grams of protein and fiber.
- Unlike most other fruits and vegetables, they don't need to ripen before you eat them.
- Peak season is late September to February, but you can find them all year round.
- When boiling, steaming, or microwaving, carve an "X" into the stem to allow it to cook thoroughly.
- When picking some up from the grocery store, choose ones where the leaves are compact and not falling off of the stem, and they should be hard.

TRY SOMETHING NEW!

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