

## Brussels Sprouts Sauté

Ew! That is what some people say when they think about eating brussels sprouts. Well, if the mention of the vegetable brings up memories of soggy lumps of nastiness, then that is understandable. Many times we don't like a vegetable because we have memories of it being served overcooked (aka cooked to death) with no visual appeal, no taste appeal, and not much nutritional value left.

I have liked brussels sprouts if quartered and boiled until softened, but not mushy, and tossed with a little butter. It's an OK method, but shredded Brussels sprouts sauted in butter and olive oil are *better*.

1. To try this, take any amount of brussels sprouts you choose. Take off damaged leaves from the outside, and wash them. Put them through a food processor using a coarse slicing disk. If you don't have a food processor you can slice each sprout thinly.
2. Melt a small amount of butter (maybe 2 tablespoons) in a frying pan that has a lid. Add as much olive oil as you have butter. Melt the butter into the oil over medium heat.
3. Add the shredded sprouts and toss to coat with the butter and oil mixture. Put the lid on the pan and lower the heat so the sprouts are steaming but not burning. Take off the lid several times to toss them. Continue cooking just until tender. Add salt and pepper to taste if desired.

*Discussion:* Brussels sprouts are in the brassicaceae family along with cabbage, collard greens, broccoli, kale and kohlrabi. They contain good amounts of vitamin A, vitamin C, folic acid and fiber. Brussels sprouts and other brassicas contain sulforaphane, a chemical believed to have anticancer properties. Boiling reduces the level of anticancer compounds, but steaming and sautéing will preserve them. Brussels sprouts and other brassicas are also a source of indole-3-carbinol, a chemical known to block the growth of cancer cells.