

THE HEART-HEALTHY BENEFITS OF BRUSSELS SPROUTS

Brussels sprouts, those tiny green powerhouses, have been trending on restaurant menus for the past few years. With the right preparation, they pack a significant punch when it comes to health benefits. Rich in vitamins, minerals, and antioxidants, these cruciferous vegetables are particularly beneficial for heart health.



Did you know that brussels sprouts are a good source of fiber, vitamin C, K, and folate. As a cruciferous vegetable, they are associated with a reduced risk of heart disease and are being studied for their potential role in cancer prevention!

They are an excellent source of vitamin K, which is essential for blood clotting and bone health, and vitamin C, which supports the immune system and acts as a powerful antioxidant. Additionally, Brussels sprouts contain high levels of fiber, which helps lower cholesterol levels and improve overall heart health.

Incorporating Brussels sprouts into your diet can be both delicious and easy. They can be roasted with a drizzle of olive oil and a sprinkle of sea salt for a simple yet flavorful side dish. For a more adventurous take, try shredding them raw into a salad with a tangy vinaigrette, or sauté them with garlic and balsamic vinegar for a savory treat.

Brussels sprouts pair well with tangy flavors such as mustard, sweet flavors like maple syrup, and spicy flavors like chipotle. Their natural nuttiness can also be enhanced with toasted sesame seeds, pecans, or hazelnuts.

The connection between Brussels sprouts and heart health is particularly noteworthy. The fiber content in Brussels sprouts helps reduce bad cholesterol (LDL) levels, which is crucial for maintaining a healthy heart. Moreover, the antioxidants found in Brussels sprouts, help reduce inflammation and stress in the body which can lead to heart disease.

By including Brussels sprouts in your regular diet, you can take proactive steps towards protecting your heart and improving your overall cardiovascular health. Brussels sprouts are not only a nutritious addition to your meals but also a powerful ally in promoting heart health.

Their rich nutrient profile, combined with their versatility in culinary applications, makes them an excellent choice for anyone looking to improve their diet and support their heart. So next time you're at the grocery store, don't pass by these little green gems—your heart will thank you!



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Garlicky Parmesan Brussels Sprouts

Try this simple and easy Brussels sprouts recipe that even my picky kids enjoy.

INGREDIENTS

- 1 Tbsp Extra Virgin Olive Oil
- 2 cloves of garlic, minced
- 14-16 ounces pre-shredded Brussels sprouts
- ¼ tsp kosher salt pinch red pepper flakes
- 1 Tbsp grated parmesan cheese

INSTRUCTIONS

1. In a sauté pan over medium heat, heat oil. Add garlic. Sauté for 20 to 30 seconds, until aromatic.
2. Add Brussels sprouts, salt and crushed red pepper. Turn up heat to medium-high and sauté until Brussels sprouts are wilted and lightly charred, 5 to 6 minutes.
3. Add Parmesan cheese. Toss to mix and serve.

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Chef Parul Desai, RDN

Note: Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.