



Brussels sprouts

Brussels sprouts are probably the most disliked vegetable of all! But if cooked correctly, they can be both nutritious and delicious!

You could call sprouts an alphabet vegetable because they are high in Vitamins A, C, E, K and folate. Just five Brussels sprouts contain enough Vitamin C for the body for two days.

Why is this vegetable so universally unloved? Overcooked sprouts produce a sulphurous smell when boiled for too long, which is off putting for many. To keep sprouts crunchy instead of soggy, roast them in the oven or toss them through a stir fry. They will not only retain their nutrients but also lightly caramelize which will release a more sweet and nutty flavour

Brussels sprouts taste brilliant with olive oil and bacon, vinegar and slithered almonds or maple syrup and chilli. You can learn to love Brussels sprouts, so why don't you give them a go!

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