

ISSUE N°1
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Orange Co. California

Sauté

TASTE
the GOOD
LIFE



**6 DELICIOUS
RECIPES**

MUST TRY WINES

21 of The Best Wines From
Champagne to Naples

SOUS VIDE

The New Bourgeois Crock Pot
w/ Amar Santana

FABULOUS FATS

A Beginner's Guide to
Ketogenic Cooking

Brussels Sprouts Turn Over A New Leaf

How to Make Lemon Sesame Brussels Sprouts

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Folks either love 'em or hate 'em, but there is unquestionably no "middle ground" when it comes to the relatively unattractive cruciferous and stinky vegetable known as — you've guessed it — Brussels sprouts! They are odd-looking little green veggies, round and bulbous in appearance with tightly wound ruffled leaves, and when craving a particular food, Brussels sprouts may spring to mind about as often as undercooked liver, unflavored tofu, or slimy oysters. Yes, it's true that these mini cabbages have been known to be a number one nose wrinkler; but, the good news is that Brussels sprouts are gaining in popularity and are no longer considered the bitter taste of punishment that kids (and adults alike) were faced with a decade or so ago.

In recent years, Brussels sprouts have earned an impressive reputation for being one of the best natural powerhouse foods around, and while the health benefits strongly outweigh the detriments, it is true that Brussels sprouts are swiftly moving onto the preferred menu list with increased gusto and new found respect.

For those looking for something that is hearty but especially low in calories, Brussels sprouts are an excellent choice. One cup of fiber-rich nutty flavor like Brussels sprouts equals approximately 56 calories and packs more than 200 percent of the recommended daily amount of vitamin K1, and more than 100 percent of vitamin C. They are also a good source of riboflavin, magnesium, phosphorus, potassium, and several other vitamins and nutrients. The potassium content helps the heart

rate and blood pressure by balancing the sodium level. Eating Brussels sprouts has been proven to lower the risk of cancer and heart disease.

With due respect to Texas-size "everything," smaller sized Brussels sprouts offer the most nutrients and goodness and lessen the chances of a strong cooking odor. To avoid the sulfur-like smell that can be derived from cooking Brussels sprouts, it is also imperative not to overcook them. The slight crunchiness of the nutty flavor immersed with a sprinkling of fresh ingredients such as light olive oil, zesty lemon, or the mixture of cinnamon and the sweetness of sweet potato makes the hardness of Brussels sprouts a newly contemporary mouth watering delight that once may have been overlooked or tossed out like an old shoe. Instead, this robust — yet gentle giant in the world of cruciferous veggies is finding its way to the tables of gourmet chefs, health professionals, and home cooks alike. No longer a bitter pill to swallow, but a savory, sweet, mellow, and vigorously ideal veggie that is satisfyingly the star of many an entree, scrumptious salad, or side dish that never gets overlooked.

There are many delicious recipes to try, but the main thing to remember is NOT to overcook Brussels sprouts. No matter how good they are for you, if they don't taste good, they won't get eaten! A few easy serving ideas are to steam them and toss them with Parmesan cheese and olive oil and a little butter; or try roasting them, cut them into quarters and toss them into a salad with red onions, feta cheese, and balsamic vinegar.

Ingredients

Lemon Sesame Brussels Sprouts

- 8 Cups Brussels Sprouts (halved & ends trimmed)
- 4 Cups Red Onion & Apple Slaw
- 1 Cup Lemon Sesame Vinaigrette
- 1/2 Cup Feta Cheese
- 1 Tablespoon Toasted Sesame Seeds

Green Apple & Red Onion Slaw

- 2 Green Apples (julienned into strips)
- 1/2 Red Onion (thinly sliced)
- 1/4 Cup Cider vinegar
- 2 Tablespoons Italian parsley
- Kosher salt, heavy pinch
- Ground black pepper, heavy pinch
- 2 Tablespoons olive oil

Lemon Sesame Vinaigrette

- 1/2 Cup honey
- 1/2 Cup fresh lemon juice
- 4 Tablespoons toasted sesame oil
- 1/4 Cup Water
- Kosher salt, heavy pinch
- Ground Black Pepper, heavy Pinch
- 1/2 Cup olive oil



Directions

Lemon Sesame Brussels Sprouts

1. Preheat oven to 450 Degrees.
2. Coat Brussels sprouts with olive oil and toss.
3. Season with a pinch of Kosher salt and fresh cracked pepper.
4. Roast on baking sheet in oven until crispy.
5. Toss with Red Onion & Apple Slaw and Lemon Sesame Dressing. Top with Feta cheese and toasted sesame seeds. Serve immediately.

Green Apple & Red Onion Slaw

1. Julienne apples & thinly slice onions.
2. Mix all ingredients together.
3. Leave out on the counter for 30 minutes.

Lemon Sesame Vinaigrette

1. Mix all ingredients except Olive Oil in a bowl.
2. Slowly add oil to emulsify, but do not over mix. If dressing becomes too thick, add a little water to thin out.

Brussels, Belgium first cultivated Brussels sprouts during the 16th Century — hence, the name.

Tasty Tidbits

Did you know that nearly all US production of Brussels sprouts is from California?
