

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Brussels Sprout Mix Up!



Ingredients:

- 1/2 cup quinoa
- 1 lb brussels sprouts (de-stemmed and halved)
- 2/3 cup fresh cranberries
- 2 Tbsp olive oil (may substitute broth)
- salt and pepper (to taste)
- 1 Tbsp balsamic vinegar
- 1 Tbsp maple syrup
- 1/3 cup pecans
- 1/3 cup feta cheese (crumbled)

Preparation:

- Prepare quinoa according to package directions.
- Heat brussels sprouts, cranberries, olive oil and salt & pepper over medium heat for 8-10 min.
- Add balsamic vinegar and maple syrup. Stir well and remove from heat.
- Toss brussels sprout mixture in a bowl with cooked quinoa and pecans. Top with feta cheese.

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com