



WALWORTH COUNTY

Wisconsin Nutrition Education  
Program (WNEP)  
100 W. Walworth St.  
Elkhorn, WI 53121-1001

## Brussels sprouts with Mushroom Sauce

Makes: 2 servings

### Ingredients

- 1/2 pound Brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)
- 1/2 cup chicken broth, low-sodium
- 1 teaspoon lemon juice
- 1 teaspoon brown mustard (spicy)
- 1/2 teaspoon thyme (dried)
- 1/2 cup mushroom (sliced)

### Directions

1. Trim Brussels sprouts and cut in half. Steam until tender - about 6 to 10 minutes; or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the Brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

### Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	45	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	8 g	3%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	64 mg	3%

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## Coles de Bruselas con salsa de Champiñones

Sirve: 2 porciones

### Ingredientes

- 1/2 libra coles de Bruselas, brécol, repollo o nabos
- 1/2 taza caldo de pollo bajo en sodio
- 1 cucharadita zumo de limón
- 1 cucharadita mostaza picante
- 1/2 cucharadita tomillo deshidratado
- 1/2 taza champiñones en trozos

### Preparación

1. Recorte un poco de las coles de Bruselas y corte por mitad. Cocine al vapor hasta suavizarlas –unos 6 a 10 minutos, o coloque en el microondas a máxima potencia durante 3-4 minutos.
2. En una olla anti-adherente caliente el caldo de pollo hasta que esté hirviendo.
3. Agregue el zumo de limón, mostaza y tomillo. Añada los champiñones.
4. Hierva hasta que el caldo se reduzca a la mitad, unos 5-8 minutos.
5. Agregue las coles de Bruselas (u otra verdura cocida).
6. Revuelva bien para cubrir con la salsa.

### Información Nutricional

Nutrientes	Cantidad	% Valor Diarios*
Calorías	70	
Grasa total	1 g	2%
Proteínas	4 g	
Carbohidrato	8 g	3%
Fibra dietética	3 g	12%
Grasa saturada	0 g	0%
Sodio	64 mg	3%

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