



UW

EXTENSION

NUTRITION & FOOD SAFETY

RECIPE OF THE MONTH

November



Cranberry Pecan Brussels Sprouts

INGREDIENTS

- 1 lb. Brussels sprouts
- ½ cup dried cranberries (no sugar added, if you can find them)
- 1/3 cup pecans (or walnuts)
- ¼ cup gorgonzola cheese (or blue cheese or goat cheese)
- 1 tbsp. maple syrup
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil

DIRECTIONS

1. Heat the olive oil and Brussels sprouts in a skillet over medium heat. Cook until the sprouts are tender.
2. Add the maple syrup and balsamic vinegar and stir to coat.
3. Remove from heat and toss with the cranberries, pecans, and cheese.



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**Cranberry Pecan
Brussels Sprouts**

Nutrition Facts	
Serving Size: (169g)	
Servings Per Container: 4	
Amount Per Serving	
Calories 230	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	24%
Sugars 17g	
Protein 6g	
Vitamin A 20%	• Vitamin C 160%
Calcium 10%	• Iron 15%
Vitamin E 8%	• Vitamin K 250%
Thiamin 15%	• Riboflavin 10%
Vitamin B6 15%	• Folate 20%
Phosphorus 10%	• Magnesium 10%
Copper 10%	• Manganese 50%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: BRUSSELS SPROUTS, DRIED CRANBERRIES, PECANS, GORGONZOLA CHEESE, MAPLE SYRUP, BALSAMIC VINEGAR, OLIVE OIL