



## **Roasted Brussel Sprouts**

You'll want to include Brussel sprouts as one of the cruciferous vegetables you eat on a regular basis. These vegetables in the cabbage family provide fantastic cancer preventing benefits. Lab studies show that one of the phytochemicals found in cruciferous vegetables - sulforaphane - can stimulate enzymes in the body that detoxify carcinogens before they damage cells. All cruciferous vegetables contain glucosinolates which are important phytonutrients for our health because they are the chemical starting points for a variety of cancer-protective substances.

Be sure not to overcook your brussel sprouts. Not only do they lose their nutritional value and taste but they will begin to emit the unpleasant sulfur smell associated with overcooked cruciferous vegetables.

Serves 4 as a side dish

1 lb brussel sprouts  
4 Tb olive oil  
3 cloves garlic coarsely chopped  
Sea salt & fresh pepper

- Trim the ends off of the brussel sprouts but leave enough so the leaves remain attached. Cut in half through the stem

- In a bowl mix Brussels sprouts, garlic, olive oil, salt & pepper
- Put onto a roasting tray in one layer with the cut side down.
- Roast in 400 degree oven for 10- 15 minutes until brown and crisp-tender. Taste it to see if they are done.

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