



# Raw Brussels Sprout Salad With Oranges

## Ingredients:

- 1 cup thinly sliced Brussels Sprouts
- 2 oranges, peeled and cut into bite size
- Juice of one lemon
- 1 tbsp maple syrup
- 1 tbsp extra virgin olive oil
- Pinch of salt
- 1/4 cup of sunflower seeds
- 1/4 cup blueberries, frozen & thawed

## Storage

## Instructions:

Refrigerate the Brussels Sprouts at or below 40 degrees Fahrenheit until ready to use.

## Materials:

- Large mixing bowl
- Utensil to mix ingredients together

## Instructions:

Place the thinly cut Brussels Sprouts in a large mixing bowl. Add the lemon juice, maple syrup, olive oil, and salt on top. Toss until well coated in the dressing ingredients, then add the oranges and mix together gently. Sprinkle sunflower seeds on top. Garnish with thawed blueberries on top for a pop of added color.



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# Roasted Brussels Sprouts

## Ingredients:

- 1 cup Brussels Sprouts
- 1 tbsp extra virgin olive oil
- 1 pinch of salt
- 1 pinch of pepper
- 1/4 juice of a lemon
- 1 tsp honey

## Materials:

- 1 baking sheet
- Foil or parchment paper

## Storage Instructions:

Refrigerate the Brussels Sprouts at or below 40 degrees Fahrenheit until ready to use.

## Instructions:

- Preheat the oven to 425 degrees Fahrenheit. Line a large baking sheet with parchment paper or foil for easy cleanup.
- To prepare your Brussels sprouts, slice off the nubby ends and remove any discolored or damaged leaves. Cut each sprout in half from the flat base through the top if not already done.
- On your baking sheet, combine the halved sprouts, olive oil, pepper, salt, honey, and lemon juice. Toss until the sprouts are lightly and evenly coated. Arrange the sprouts in an even layer with their flat sides facing down.
- Roast the Sprouts until they are tender and deeply golden on the edges, about 20 to 25 minutes and internal temperature of 165 degrees F or higher.



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# **Brussels Sprouts**

## **PACK & SERVE**

Receive and refrigerate Brussels Sprouts at or below 40 degrees Fahrenheit until ready for use

### **When ready for use:**

- Sanitize your work area
- Wash your hands
- Remove Brussels Sprouts from Packaging
- Remove any damaged leaves and portion Brussels Sprouts into 1 cup servings
- Families will be given 1 cup of cut Brussels Sprouts per child



**Wash  
YOUR  
Hands**



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