While not considered the most glamorous vegetable on American soil, the French term of endearment *mon petit chou* ("my little cabbage" or "my Brussels sprout") elevates the Brussels sprout to the much higher status it deserves. More than just a symbol of love, these miniature cabbages offer a host of health benefits.

As part of the brassica family (including vegetables like broccoli and kale), Brussels sprouts contain a group of bioactive compounds called glucosinolates which are cleaved by enzymes into compounds called isothiocyanates. Studies have shown that isothiocyanates act in anti-inflammatory, anti-bacterial, and anti-oxidant pathways, aiding the liver in its natural detoxification process and correlating to a probable reduced risks of various cancers. In addition, Brussels sprouts are also high in dietary fiber, beta-carotene, flavonoids, lutein, plant sterols, potassium, folate, and Vitamins C and K. Cooking them lightly, as in the recipe below, helps preserve isothiocyanates to maximize the benefits they can provide.

Brussels sprouts often make a guest appearance on the holiday table only to be forgotten the rest of the year. However, this simple yet flavorful recipe offers a good excuse for a repeat performance as an elegant side dish. You'll be smitten by the flavor and your body will reap the health benefits. *Bon appetit!*

*(Tip: Mustard seeds can be purchased in small quantities at any grocery store that has a bulk foods section or in the spice section.)*

**Shredded Brussels Sprouts with Pecans and Mustard Seeds**

Recipe adapted from *Body+Soul Magazine*


*Serves 4*

**Ingredients:**
- 1/3 cup pecans, coarsely chopped
- 2 containers (10 oz each), Brussels sprouts, ends trimmed
- 1 Tbs extra-virgin olive oil
- 1 Tbs yellow mustard seeds
- 2 Tbs freshly squeezed lemon juice
- ¼ tsp salt
- ¼ tsp freshly ground black pepper

**Instructions:**
1. Preheat oven to 350 F. Toast pecans on a baking sheet for about 10 minutes, or until fragrant and lightly browned.
2. Shred the Brussels sprouts in a food processor or thinly slice with a knife.
3. In a large skillet, heat butter and olive oil over medium heat. Add mustard seeds and cook, stirring occasionally until fragrant, about 30 seconds.
4. Add Brussels sprouts and toss occasionally until tender and they begin to brown, about 7-9 minutes.
5. Remove from heat. Stir in lemon juice and season with salt and pepper. Sprinkle the top with pecans.

**Nutrient Analysis per Serving:**
- Calories: 163 calories
- Protein: 6 grams
Total fat: 11 grams
Saturated Fat: 1 gram
Dietary Fiber: 6 grams
Sodium: 181 mg
Vitamin C: 207%
Vitamin K: 314%

References:
Linus Pauling Institute: http://lpi.oregonstate.edu