

Heart Healthy Recipe Exchange

Brussel Sprouts Fry

Category: Lunch/Dinner

Description: Side Dish

From the Kitchen of
Sudha Bhat



Servings:	4
Prep Time:	15 minutes
Total Time:	20 minutes

Ingredients:

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- 1 lb. Brussels sprout
 - 1 tbsp extra virgin olive oil
 - 1 tsp crushed garlic or garlic powder
 - ½ tsp turmeric
 - Salt for taste (3/4 tsp)
 - 1 tsp cayenne pepper
 - 1 tsp lemon juice (optional)
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Directions:

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- Remove any tough or discolored leaves and discard. Wash thoroughly. Dry them.
 - Cut each Brussel sprouts into four wedges, even-sized pieces. Set aside.
 - Combine and toss all ingredients together.
 - Coat air fryer or oven with cooking spray. Set air fryer or oven to 390F.
 - Place Brussel Sprouts evenly into air fryer or oven and cook for 12 minutes.
 - Serve hot!
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Notes:

Brussel sprouts is not a vegetable that is traditionally used in South Asian cuisine. It has its origins from Belgium, where the name Brussel has originated. Brussels sprouts are commonly used as a side dish and is often steamed or roasted.

Comments on Nutritional Value (Dr. Divya Selvakumar)

Brussel sprouts contain an excellent source of fiber, along with a plethora of Vitamin C and Vitamin K. Cayenne pepper is excellent for metabolism, while both turmeric and garlic are anti-infection and anti-inflammatory spices. Olive oil is a well-known monounsaturated oil that is very healthy for heart healthy patients. The air fryer is an alternative way to make more healthier foods, instead of deep-frying food.