Heart Healthy Recipe Exchange

Brussel Sprouts Fry
Category: Lunch/Dinner

Description: Side Dish

From the Kitchen of Sudha Bhat

<table>
<thead>
<tr>
<th>Servings:</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time:</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Total Time:</td>
<td>20 minutes</td>
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</tbody>
</table>

Ingredients:

1. 1 lb. Brussels sprout
2. 1 tbsp extra virgin olive oil
3. 1 tsp crushed garlic or garlic powder
4. ½ tsp turmeric
5. Salt for taste (3/4 tsp)
6. 1 tsp cayenne pepper
7. 1 tsp lemon juice (optional)

Directions:

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