

Try it
Today!



Brussels sprouts

Got their name because they were widely cultivated around Brussels, Belgium during the 1500s. Research shows that Brussels sprouts are a cancer fighting vegetable, in particular for colon cancer. They are harvested in the fall/winter majorly in California. They taste best when they are fresh and are in the same family as cabbage and broccoli- The Brassica Family.

These little buggers are a great source of Vitamin A, Beta Carotene, Vitamin K, fiber, and Vitamin C. They can be boiled, fried, steamed, or cooked and are known to boost one's immune system. They are low fat, low sodium, cholesterol free and only contain approximately 60 calories!.

Oswego
Dining