

LOCAL WAR ON TERROR PRESENTS: BRUSSEL SPROUTS

"I like to run them through a juicer with some beets and pineapple. Delicious and it makes your pee pink." – Kari

"Steamed with butter, salt and pepper. Simple and tasty." – Erik

"I know you never ate a Brussel sprout growing up and I apologize for that - I do understand that purchased fresh they are delicious, unlike their frozen brethren. I look forward to seeing some recipes. As to this day I have never prepared them." – Mom

"I enjoy them most when grilled. A good old-fashioned charcoal grill is best, but a fire in a city garbage can will suffice.

"One first soaks some wooden skewers in water. then one trims up the tasty morsels, tosses them in olive oil+s&p+garlic+some dry mustard, and skewers them. then one cooks them over the flame until delicious. perhaps one might sprinkle them with Parmesan cheese before serving. Heavenly." – Cate

"3 cans of vegetable broth (low sodium)
1 package of brussel sprouts
1 onion
1 pepper
1 tomato
4 tbsp. oregano
3 tbsp. rosemary
3 tbsp. thyme
a few shakes of your favorite mrs. dash seasoning
5 garlic cloves (minced)
4 cups of swiss chard or collard greens

"Combine everything and simmer it for 20 minutes - makes a yummy veggie soup!" – Kellie

"One question -- into what should the ingredients be combined? Large pan, dutch oven, stock pot?" – Kevin

"A large pot. This is actually a recipe that I make all the time, but I don't follow a 'recipe', so people could even add more cans of veggie broth and even more vegetables – like squash, zucchini, etc. – if they wanted to. It's one of those recipes that i love b/c it allows you to "clean out the fridge" and use what you have...yum. I think I'm making this tonight!" – Kellie

“One of my favorite vegetables of all time, I like to prepare them very simply... cut them in half, and sautee them in butter and white wine - possibly with some chopped up bacon (but that may be taking it too far) Cook until you can stick a fork through them with ease. Salt and pepper for sure. Mmmm Mmmm.

You can also add a splash of heavy whipping cream when they are almost done if you want something a bit more rich.” – Drew

“Best preparation is roasted. Trim the sprouts, put on a foil lined cookie sheet, drizzle with olive oil, salt, pepper and some garlic powder and roast at 450 degrees until they start to brown around the tips (about 20 minutes).” – Brad

“I enjoy halving the repollitos blanching for a minute and then into the icebath. From that point they go into the saute pan with butter and olive oil, salt and pepper. It is good to toss them with you best 'chef's wristwork' and then position the sprouts with the cut face down to bronze in the hot metallolipid interface.

“Enjoy with a rare filet and glass of dry red.” – Rob

“Saute brussell sprouts with lots of garlic and some chicken stock. Yummo!” -Jennifer