



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

February 10th, 2015 Cooking Class

Featuring

Mary Ann Giordano
of Gigi's Cucina Povera

Brussels Sprout Hash

Serves 6

Ingredients:

- 1 pound of Brussels sprouts
- 3 shallots slivered
- Pomegranate seeds of 1 fruit
- 1 tablespoon Olive oil
- 1 tablespoon Honey
- 1 tablespoon Cider vinegar
- Kosher salt and pepper

Directions:

- 1) Slice Brussels sprouts thin. Remove seeds from pomegranate.
- 2) In a sauté pan heat olive oil, add shallots and sweat for 1 minute, add Brussels sprouts and sauté, 4 minutes, add honey and vinegar sauté until tender, season with salt and pepper.
- 3) Sprinkle with pomegranate seeds to serve.

Nutrition Facts	
Serving Size: 1 serving (145.0g)	
Servings: 6	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	18%
Sugars 10g	
Protein 4g	
Vitamin A 15%	• Vitamin C 120%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



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