

Balsamic Brussels Sprout Grilled Cheese

Allergy info: Contains wheat, milk

Ingredients:

- ½ pound Brussels sprouts, stems removed and chopped or shredded
- 2 Tbsp. olive oil
- 2 garlic cloves, minced
- ¼ small white onion, diced
- ¼ tsp. salt
- ¼ tsp. pepper
- 1-2 Tbsp. balsamic vinegar
- 8 slices of provolone cheese*
- 8 slices of bread (ciabatta, baguette, or whole wheat) *
- softened butter for spreading*

Instructions:

1. Heat a large pan over medium heat and add olive oil. Sauté minced garlic for about 30 seconds and then add in Brussels sprouts, red onion, and balsamic dressing. Season with salt and pepper and cook for about 5-6 minutes, until Brussels sprouts are wilting and turning golden brown. Remove from pan and set aside.
2. Return the pan to the burner over medium low heat. Butter each slice of bread on one side and place butter-side down in the pan. Top with cheese, Brussels sprouts, and more cheese. Top with another slice of buttered side up bread.
3. Cook each side until golden brown and serve hot.



Brussels sprouts are small cabbage-like buds that grow on long stalks which can grow up to 4' tall. These little buds are delicious as a side dish or in a sandwich; like this amazing creation!

Ask your chef to tell you about Brussels sprouts!

Our bodies get enough Vitamin C for the entire day in just one cup of Brussels sprouts! Vitamin C helps us build strong bones and muscles, which we need to be our best, active selves. Brussels sprouts also-

- Lower our risk of cardiovascular problems
- Are loaded with fiber, which help keep our stomachs full
- Are a member of the cancer-fighting cruciferous family. Other vegetables in the cruciferous family include: broccoli, cauliflower, and bok choy.

Today we:

- Prepared a comfort food packed with vitamins and nutrients.
- Learned about the benefits of Vitamin C.
- Worked safely around a hot pan.
- Tasted and evaluated our work.