

# BRUSSELS SPROUTS, FULLY



**THE COOKFUL**

*Edited by Lyndsay Burginger and Christine Pittman*

# Brussels Sprouts, Fully

**M**y kids hate sitting at the dinner table and “just talking.” They want to play a word game or tell a story. Talking is sooooo boring. And yet, when they’re older they’ll love it, just like my husband and I do. Isn’t it funny that the things we hate as kids can become the things we love most as grown ups?

Such is the case with Brussels sprouts. Most kids hate them. Most grown ups love them. Luckily for you, it’s grown ups who write these ebooks which is why we’re devoting one to this much-hated and much-loved veggie.

In this book, we’ll be sharing all kinds of Brussels sprouts recipes, tips and ideas with you. You’re totally going to become a Brussels sprouts expert.

O.K., grab yourself a bag of Brussels sprouts and get ready for some tasty cabbagey fun!



**THE COOKFUL**

# Brussels Sprouts, Fully

## Table of Contents

Brussels Sprouts Shopping Guide .....	4
How To Trim and Cut Brussels Sprouts .....	6
Brussels Sprouts with Peaches and Bacon .....	7
Roasted Brussels Sprouts Gratin .....	9
Brussels Sprouts Slaw .....	11
7 Mix-Ins to Rock Your Brussels Sprouts World .....	13
Pasta with Brussels Sprouts, Pesto and Pecorino .....	16
Braised Brussels Sprouts with Apples and Chestnuts .....	18
13 Ways to Make Brussels Sprouts More Delicious .....	20
How to Avoid Smelly Brussels Sprouts .....	23
101 Brussels Sprouts Recipes .....	25

Edited by Lyndsay Burginger and Christine Pittman. Designed by [Garnishing Co.](#)

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# Brussels Sprouts Shopping Guide

By Lyndsay Burginger

*Let's shop for some Brussels Sprouts essentials!*

Although baking (or sautéing, frying, roasting, etc.) Brussels sprouts is pretty easy, it's always great to have the right tools to help with the process. Here are some of our favorite items to cook with, munch on and even wear!

Chips are in. Add some green goodness to your next lunch with these [Chili Lime Brussels Sprouts Chips](#).

A [paring knife](#) is essential to cutting Brussels Sprouts fast and efficiently.

Making a Brussels Sprouts salad? Keep your fingers intact with an easy-to-use [mandoline](#). Or even easier, a [hand-held slicer](#) like the one pictured above.

Sauté Brussels Sprouts to perfection with this [stainless-steel skillet](#).

# Brussels Sprouts Shopping Guide

*Continued from previous page*

Chop your sprouts like a true Belgium with this patriotic [cutting board](#).

Serve your guests spoonfuls of Brussels Sprouts with this "[Sprouts just want to be loved](#)" [spoon](#).

This [tee-shirt](#) shows off your obsession with Brussels Sprouts. Buy them for the whole family.

Trick your friends into eating Brussels Sprouts for dessert with these [Chocolate Brussels Sprouts](#) truffles. Yum!

Give the gift of Brussels Sprouts with [gift wrap](#), [cards](#) and [tape](#) to match. Birthdays and Holidays just got greeeeeener.

# How To Trim and Cut Brussels Sprouts

By Lyndsay Burginger

*Lazy chefs, rejoice! Prepping Brussels sprouts is super-easy to do. Here's how.*

If you cut open a Brussels sprout, what do you see?

Brussels sprouts look (and taste) like cabbage. You normally remove the core of a cabbage while preparing it, so it seems logical to remove the core of a Brussels sprout.

You don't have to though. In fact, the Brussels sprouts themselves would begin to break apart if you took away the core, leaving you with a bowl full of leaves. Unless that's what you were going for (think Brussels sprouts chips!).

Simply put: Brussels sprouts do not need to be cored to be enjoyed in a gratin or even a simple salad.

If your Brussels sprouts seem to be rather large or have a thick core, halve or quarter them into uniform pieces.

Do not throw away any leaves that fall off though. Add them in with the bigger pieces. This is especially a treat if you're roasting the sprouts. Those loose leaves get crazy-crispy. Seriously good.

(To make these roasted beauties, trim them but leave them whole. All different sizes. Add any leaves that fell off when trimming. To 1.5 lbs. sprouts add 2 tablespoons olive oil and 1 teaspoon of coarse kosher salt. Toss them together and put them on a foil-lined baking sheet. Roast at 425°F until very brown on the outside and very soft on the inside, 40-50 minutes).





# Brussels Sprouts with Peaches and Bacon

By Christine Pittman

*Convert all Brussels-sprouts-phobic people in the world by adding some sweet and fatty sass to Brussels sprouts.*

Sautéing is one of my favorite ways to cook Brussels sprouts. You get a browned exterior in places and an *al dente* center. I really wanted this recipe to be loved by sprouts-lovers and non-sprouts-lovers alike. How on earth to do that?

I added fat in the form of bacon and sweetness from peaches and maple syrup. The fat and the sweet help to curb the bitterness of the sprouts without masking their cabbage flavor. Try this recipe out on your Brussels-sprouts-phobic friends and let me know what they think.

# Brussels Sprouts with Peaches and Bacon

*Continued from previous page*

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Ingredients:**

6 slices bacon

1 medium sweet onion, sliced

1 lb. Brussels sprouts,  
trimmed and halved

Salt

Coarse black pepper

2 peaches, chopped

2 Tbsp. maple syrup

1 tsp. lemon juice

1. In a large frying pan cook the bacon over medium heat until crispy. Remove from heat. Transfer bacon to a plate and discard all but one tablespoon of the fat.
2. Put pan with bacon fat over medium-high heat. Add the onion, Brussels sprouts, 1/4 teaspoon salt and 1/8 teaspoon coarse black pepper. Cook stirring occasionally until sprouts are browning in places and becoming tender, 8-10 minutes. Meanwhile, chop the bacon.
3. To the browned sprouts add the peaches, bacon and maple syrup. Stir continuously until peaches are heated through, 1-2 minutes. Remove from heat. Add the lemon juice, a pinch or two of salt and a grind of black pepper. Stir gently.



# Roasted Brussels Sprouts Gratin

By Christine Pittman

*Kick your Brussels sprouts in the butt with this decadent (but easy!) gratin.*

Brussels sprouts are on the bitter side. To counter that, it's a great idea to add fat and salt. The fat makes it harder for your taste buds to detect the bitterness. The salt balances the bitter.

In this gratin, the fat is in the form of olive oil, heavy cream and cheddar cheese. The salt is from the, well, salt. Kosher salt that you toss the sprouts with before roasting them.

Yes, that's right, you roast the Brussels sprouts for this recipe. Don't worry. It 's easy. You mix them together with salt and olive oil in a casserole dish. Roast until they're tender. Then you add the cream and top with cheddary breadcrumbs before baking a bit longer.

# Roasted Brussels Sprouts Gratin

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 40 minutes

**Total Time:** 50 minutes

**Ingredients:**

1 lb. medium-sized Brussels sprouts  
2 Tbsps. olive oil, divided  
kosher salt  
coarse black pepper  
1/2 cup panko bread crumbs  
1/2 cup grated sharp cheddar cheese, tightly packed  
1/4 tsp. garlic powder  
1/2 cup heavy cream  
a pinch of nutmeg

1. Preheat oven to 425°F. Trim the bottom stem nub off of the Brussels sprouts and cut them all in half. Put the sprouts in a gratin dish or casserole dish that is wide enough that the sprouts are only one or two deep. Oh, and be sure to include any little leaves that fell off in the trimming process since these will get nice and crispy and extra delicious when roasted.
2. Toss the sprouts with 1 tablespoon of the olive oil, 1/2 teaspoon of kosher salt and 1/4 teaspoon of coarse black pepper. Roast in the oven until they're starting to get nice and brown but are still a bit al dente when pricked with a fork, 25-30 minutes.
3. Meanwhile combine the panko, cheddar, garlic powder, 1/4 teaspoon of kosher salt and 1/4 teaspoon of pepper. Use your fingers to get in there and mix it, crumbling as you go so that the cheese breaks up into smaller bits and really mixes into the crumbs. Add the remaining tablespoon of olive oil and mix up the crumbs again.
4. Measure the heavy cream into a measuring cup and then stir in the nutmeg. Drizzle the cream over the roasted sprouts and then stir them up a bit to get them all evenly coated. Spread the breadcrumb mixture evenly on top and then return the dish to the oven until the crumbs are browned, 15-20 minutes. Let it sit for 5 minutes before serving.

# Can You Eat Them Raw? Yes! In Brussels Sprouts Slaw

By Christine Pittman

*A winter take on coleslaw that uses Brussels sprouts, oranges and pecans.*

What we really wanted to do with this ebook is to show Brussels sprouts in new ways, beyond the traditional boiled and buttered.

With this recipe, we're going a bit crazy and not even bothering to cook them. Yes, it's true. You can eat Brussels sprouts raw. Now, you wouldn't want to stick a whole one in your mouth and munch away. Brussels sprouts are a lot like cabbage and I sure as heck don't want to eat cabbage like an apple. Instead, you shred it finely, toss it with a vinaigrette to make coleslaw. And that's exactly what we've done here.

To shred it we used a [mandoline](#). We tried a box grater and it didn't do a great job. If you don't have a mandoline, get out a sharp knife and slice as finely as you can. But wait, if you don't have a mandoline, we highly recommend this [Hand-Held Mandoline Slicer](#) from OXO. It's not a full-on big mandoline machine. It's a compact, easy to use, inexpensive (\$14.95) tool to have on hand for those times when you need a lot of thin slicing.

A bit about the flavors in the Brussels Sprouts Slaw: The shaved raw sprouts have an unexpectedly delicate flavor. We kept the dressing really simple so that it would shine through. It's just lemon juice, orange juice, olive oil, salt and pepper. Nuts go very very well with Brussels sprouts so we added pecans. And for more citrus and to really tie in the wintry feel of this recipe, we added navel orange segments. Chopped Mandarin oranges or clementines work too.



# Brussels Sprouts Slaw

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Ingredients:**

16 oz. Brussels sprouts

3/4 cup pecan halves,  
toasted and crushed

2 navel oranges

3 Tbsp. olive oil

2 Tbsp. lemon juice

1/2 tsp. salt

1/4 tsp. coarse black pepper

1. Shred Brussels sprouts thinly on mandolin (we used the #2 setting on this [OXO slicer](#)).
2. Zest one orange and segment both oranges, squeezing the juice from the remaining centers of the oranges into a large bowl. Add the orange segments and zest to the Brussels sprouts.
3. To the bowl of orange juice add salt, olive oil, lemon juice and pepper. Whisk to combine. Add Brussels sprouts mixture and pecans. Toss gently to coat and serve.



## 7 Mix-Ins to Rock Your Brussels Sprouts World

By Meghan Bassett

*Find out which ingredients go deliciously well with Brussels sprouts.*

Brussels sprouts have probably popped up on your dinner table since childhood. They taste delicious with just a simple seasoning of salt and pepper and anyone can cook them easily.

However, you're not just any cook are you?

No, you certainly are not.

You want to push the envelope and create Brussels sprout dishes that wow everyone sitting at your dinner table. That's why we've prepared a list of mix-ins for your Brussels sprouts to take them from boring to spectacular. Your guests will be begging for seconds. It's time to get creative!

# Brussels Sprouts Mix-Ins

*Continued from previous page*

## 1. A BIT OF PORK

Bacon makes everything better, right? And this can be said about any pork product. Grab some bacon, pancetta or prosciutto. A little bit stirred into piping hot Brussels sprouts and you'll be yearning for that first bite. If you want to get really into it, reserve a little bacon fat and add that as well.

## 2. BALSAMIC VINEGAR

Dressing Brussels sprouts with a coat of balsamic vinegar will bring an extra zing to the vegetables. For a sweeter option, reduce approximately 1/2 cup of balsamic vinegar over medium-high heat until it's thick and syrupy. Stir in 1 teaspoon of brown sugar before pouring it over the sprouts.

## 3. FRESH HERBS

Basil, chives, dill, flat-leaf parsley and thyme all pair wonderfully with Brussels sprouts, bringing a punch of freshness to liven up the dish. Either roast or steam and sprinkle generously with your herbs of choice.

## 4. CHEESE

Stir in a little Parmesan, pecorino, blue cheese, cheddar, creamy goat cheese, ricotta or even small chunks of Brie as a finishing touch. Just remember that a little bit can go a long way, though we won't judge you for going overboard.

## 5. NUTS

Adding a crunchy element to Brussels sprouts can make your sprouts pop. Chop up some almonds, chestnuts, hazelnuts or pecans and sprinkle them on top.

## 6. LEMON JUICE

Much like balsamic vinegar, lemon juice brings an acidic element to savory Brussels sprouts. The citrus juice when paired with a dash of salt and pepper transforms the sprouts into a bright, dynamic side dish.

# Brussels Sprouts Mix-Ins

*Continued from previous page*

## 7. SAUTÉED ONIONS OR SHALLOTS

Give Brussels sprouts an extra layer of flavor by stirring in some sautéed onions or shallots. You can stir them in after you've cooked the Brussels sprouts or you can cook them up all together in one pan.

## MORE INSPIRATION

Try these flavor combinations to really wow your friends (and yourself!):

- + Brussels sprouts, bacon, shallots, white wine vinegar
- + Brussels sprouts, pancetta, balsamic vinegar reduction, basil
- + Brussels sprouts, apples, lemon, thyme
- + Brussels sprouts, basil, Parmesan, olive oil



## Pasta with Brussels Sprouts, Pesto and Pecorino

By Christine Pittman

*Pasta, pesto and pecorino - with Brussels sprouts? Say what? Trust us. It's damned good.*

Pasta, pesto and pecorino may not be the first things that come to mind when you think of Brussels sprouts. That's partly why we've put them together here. We really want to show how versatile Brussels sprouts are. They're not just a Thanksgiving side dish. They can be superstars in all kinds of recipes.

Why does this recipe work? Brussels sprouts are a tad on the bitter side. The sweetness of the basil, oiliness of the olive oil and saltiness of the cheese mellow out that bitterness. What's left is really soft meaty flavors from the sprouts, surrounded by carbs. How could it possibly be bad?

# Pasta with Brussels Sprouts, Pesto and Pecorino

*Continued from previous page*

A great thing about this recipe is that it's made in one pot. You cook the pasta according to the package. Then you add the sprouts for the last few minutes. Drain, stir in the pesto, cheese and olive oil. Serve. Meatless Monday, here I come!

**Yield:** 6 servings

**Prep Time:** 5 minutes

**Cook Time:** 12 minutes

**Total Time:** 17 minutes

**Ingredients:**

1 lb. fettuccine pasta

1 lb. Brussels sprouts,  
trimmed and halved  
(quartered if large)

6 Tbsp. pesto sauce

3 Tbsp. olive oil

1/2 cup grated pecorino, plus  
more for serving

1/2 tsp. coarse salt

1/4 tsp. black pepper

1. Fill big pot with water and boil on high. Add salt as desired. Add fettuccine and cook according to package directions but add Brussels sprouts for the last 5 minutes of cooking.
2. Drain and add pesto, olive oil, pecorino, salt and pepper. Toss ingredients together and top with additional grated pecorino (or use a potato peeler to scrape long ribbons from the block of cheese). Serve.

*NOTE: For the sprouts, include any leaves that fall off when cutting as long as they are not discolored.*



# Braised Brussels Sprouts with Apples and Chestnuts

By Jennifer Dempsey

*Brussels sprouts and chestnuts are a classic combo. Here they get a new groove with apples and a sweet butter glaze.*

Most people either love Brussels sprouts or hate them. If you don't like Brussels sprouts it's probably because you are having nightmares about how they tasted when you were a kid. But don't fear! Once you give these tasty baby cabbage cuties a try again you'll wish you'd given them a second chance a lot sooner.

These Braised Brussels Sprouts with Apples and Chestnuts make the perfect side dish for any holiday gathering. And wouldn't it surprise your family if you served these after years of refusing to eat them?

# Braised Brussels Sprouts with Apples and Chestnuts

*Continued from previous page*

Not only are these Brussels sprouts tasty but they're so easy to make too. The secret is using chestnuts that you buy already roasted and peeled which saves a ton of time. Jarred or vacuum packed chestnuts can usually be found seasonally at most grocery stores and are the perfect compliment with these Brussels sprouts and apples. Braised in apple cider and tossed with a brown sugar glaze, Brussels sprouts don't get much better than this. Once you give these Brussels sprouts a try you'll be making them again and again!

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Ingredients:**

3 Tbsp. unsalted butter,  
divided  
1 lb. Brussels sprouts, ends  
trimmed and cut in half  
1/2 cup peeled and diced  
apples  
1/2 tsp. salt  
1/2 cup apple cider  
1 Tbsp. light brown sugar  
1 cup roughly chopped jarred  
cooked whole roasted  
chestnuts

1. Melt 1 tablespoon butter in a large skillet over medium heat. Add Brussels sprouts and apples. Season with salt. Cook for 4-5 minutes until apples are slightly tender.
2. Add apple cider. Cover and reduce heat to medium-low and cook for about 10-12 minutes until Brussels sprouts are tender. Meanwhile, melt remaining butter in a small saucepan over medium heat. Stir in brown sugar and cook until sugar is dissolved. Remove from heat and set aside.
3. When Brussels sprouts are tender stir in chestnuts and melted butter mixture and gently toss to coat. Season with additional salt to taste if desired. Serve immediately.

# 13 Ways to Make Brussels Sprouts More Delicious Than Ever

By Lyndsay Burginger

*Help! I've fallen in love with Brussels sprouts and can't get up. And now I'm going to bring you down with me!*

I hated Brussels sprouts as a kid. Despised them. Loathed them. You could beg and plead, offer me bribes but I would keep my mouth shut. Those little green cabbages were not my friends.

It wasn't until I attended culinary school that I fell in love with them, caramelized green and golden, dripping with bacon and sweet, sweet cranberries.

So, how can you fall in love with Brussels Sprouts too? We've got 13 things you can do to make Brussels sprouts taste better than ever.



## 1) DO: ADD FAT

Brussels sprouts are known for having a bitter flavor. Using a bit of fat either when cooking or just before serving can help remove some of that. Well, it doesn't remove the bitterness. What it does is coat the tongue (and taste buds) lightly making the bitter less easy to detect. Fat and bitter really play off each other well. Fats to try with Brussels sprouts are butter, bacon fat or olive oil. Or drizzle with some heavy cream just before serving. Mmm. Geez.

## 2) DO: ADD SALT

You've heard about adding salt to a bad cup of coffee to make it less bitter, right? We don't think that actually works (although we haven't tested it. Yet.) but we do know that salt takes down the bitterness of Brussels sprouts. It's not entirely clear how or why salt counters bitterness, but it does. Make sure you salt Brussels sprouts at the beginning of the cooking

# 13 Tips for More Delicious Brussels Sprouts

*Continued from previous page*

process. And then go in with a good pinch of sea salt or kosher salt before serving. You can also add ingredients like bacon or pancetta for their added salt effect.

## 3) DO: ADD SWEET

Why do people put sugar in their coffee? Because it cuts down the bitterness. Sweet flavors to put with sprouts are apples, dried cranberries, apple juice/cider, sweet white wine, basil, flat leaf parsley, sugar, brown sugar, maple syrup and molasses.

## 4) DO: ADD SOUR

Sourness in a dish really helps to balance the flavors. To cut through the strong flavor of Brussels sprouts try adding lemon juice, a tangy Dijon mustard, a splash of dry white wine, cider vinegar or a drizzle of your favorite salad dressing.

## 5) DO: ADD CHEESE

Cheese is fatty and it's also salty so it totally helps with the whole bitterness problem. Salty and/or creamy cheeses are your best bet. Go with goat cheese, an aged Cheddar, pecorino, or creamy ricotta.

## 6) DO: ROAST 'EM

High, dry heat is perfect for Brussels sprouts because it caramelizes the vegetable, making it sweeter. Remember, sweet is good here.

## 7) DO: BOIL 'EM

Boiled or steamed Brussels sprouts can be great. But they can also be bad. The trick is to not overcook them. We can't give you an exact time here because sprouts are different sizes. You're looking at simmering for around 4-7 minutes though. Be sure to test often to make sure they aren't getting too soft. Our favorite way to incorporate boiled Brussels sprouts into dinner is by boiling the sprouts along with pasta, but just for the last few minutes of the pasta cooking time.

# 13 Tips for More Delicious Brussels Sprouts

*Continued from previous page*

## 8) DO: EAT 'EM RAW

Shred Brussels sprouts with a mandolin or a grater and create a light and refreshing slaw or salad.

## 9) DO: SAUTÉ 'EM

Add some sweetness to Brussels sprouts by sautéing and caramelizing them with a little bit of olive oil or butter.

## 10) DO: BRAISE 'EM

Braise Brussels sprouts on the stove by first sautéing them in a bit of fat, then finishing off with a quick simmer in a flavorful liquid, just until tender. White wine or apple juice are great picks. [Here's a recipe where they're braised with apples and then simmered in apple juice.](#)

## 11) DO: NUKE 'EM

Get Brussels sprouts on the table fast by placing them in a microwave-safe bowl. Add two tablespoons water, a bit of seasoning (you can never go wrong with salt & pepper) and cover. Microwave on high for 4-6 minutes or until just tender.

## 12) DO: ADD FLAVOR

Brussels sprouts by themselves, with a bit of butter, salt and pepper, are going to be fabulous for people who already love them. For people who don't, you want to add other flavors to make them more palatable. Ingredients that taste great with Brussels sprouts are apples, bacon, chives, chestnuts, dill, fennel seeds, garlic (LOTS!), nutmeg, paprika, white wine, butter, peaches, pesto and orange zest.

## 13) DON'T: OVERCOOK 'EM

Brussels sprouts get mushy, messy and, above all, smelly when overcooked. Err on the side of al dente if you can. (The exception to this is if you roast them at a high temperature (400°F) until really dark on the outside and super-soft in the middle (about 40-45 minutes). Those are possibly overcooked but I have never ever heard anyone complain. Just make sure to include lots of olive oil and a good dousing of kosher salt before roasting them.

# Pee-yew! How to Avoid Smelly Brussels Sprouts

By Lyndsay Burginger

*Breathe easier with this Brussels Sprouts cooking tip.*

My experience with Brussels sprouts when I was younger was a smelly one. The little green balls would soak in a boiled water bath, stinking up the entire house. And people wonder why Brussels sprouts have such a bad rep.

What makes Brussels sprouts stink? Great question! And I have the answer.

Like broccoli and cabbage, Brussels sprouts are rich in hydrogen sulfide gas. When heat is added, the gases escape, and out comes the stink.

There are ways to combat the smelliness of the sprout. According to [Shirley Corriher](#), author of [CookWise: The Hows and Whys of Successful Cooking](#), “The secret to cooking [Brussels sprouts] is to cook them less than five minutes.” Which means high-fast heat like a sauté or a quick broil in the oven.

Here are three recipes that use different preparations that all result in smell-free sprouts:

## 1. BRUSSELS SPROUTS WITH PEACHES AND BACON (PAGE 6)

The Brussels sprouts are sautéed for a short time in bacon fat before being tossed with chopped peaches and maple syrup. Only sweet smells going on here!



# Avoid Smelly Brussels Sprouts

*Continued from previous page*

## **2. PASTA WITH BRUSSELS SPROUTS, PESTO AND PECORINO** **(PAGE 16)**

The Brussels sprouts are added to the simmering pasta for the last 5 minutes of the pasta's cooking time. It's just quick enough to make the sprouts tender without overcooking them.

## **3. BRUSSELS SPROUTS SLAW WITH CITRUS AND PECANS** **(PAGE 10)**

You can definitely eat Brussels sprouts raw and then they don't smell at all. They have a delicate flavor and scent, actually. You just need to shave them or slice them very thinly. Here they have a light lemon and orange vinaigrette and they're tossed with pieces of orange and pecans for a wintry take on coleslaw.

# 101 Brussels Sprouts Recipes

By Lyndsay Burginger

Put 'em on pizza or in quesadillas - Brussels sprouts aren't just boiled as a Thanksgiving side dish anymore. Here are 101 seriously cool Brussels sprouts recipes to inspire you.

## Far-East Inspired

1. [Kung Pao Brussels Sprouts](#)
2. [Uchi Brussels Sprouts](#)
3. [General Tso's Brussels Sprouts](#)
4. [Crispy Thai Brussels Sprouts](#)
5. [Tofu & Brussels Sprouts in Miso Sauce](#)
6. [Chinese Chicken and Brussels Sprouts Egg Rolls with Sweet Chili Pomegranate Sauce](#)
7. [Butternut Squash and Brussels Sprouts Fried Rice](#)
8. [Sweet and Sour Brussels Sprouts](#)
9. [Steak & Brussels Sprouts Stir-Fry](#)
10. [Brussels Sprouts Dumplings](#)

## More Bacon, Please

11. [Brussels Sprouts with Apples, Bacon, and Dates](#)
12. [Bacon and Cheese Brussels Sprouts Casserole](#)
13. [Bacon, Brussels Sprouts, Butternut Squash Flatbread](#)
14. [Brussels Sprouts with Bacon and Almonds](#)
15. [Red Wine Risotto with Bacon & Roasted Brussels Sprouts](#)
16. [Kabocha Squash Quinoa Bake with Brussels Sprouts and Pancetta](#)
17. [Brussels Sprouts wrapped in Bacon and Fig](#)
18. [Bacon, Brussels Sprouts & Leek Pizza](#)

## Brussels for Breakfast

19. [Sweet Potato & Chicken Sausage Hash with Brussels Sprouts](#)

20. [Brussels Sprouts and Goat Cheese Omelette](#)
21. [Spaghetti Squash, Brussels Sprouts & Bacon Bowl](#)
22. [Sweet Potato, Brussels Sprouts & Mushroom Hash](#)
23. [Harvest Frittata with Brussels Sprouts and Kale](#)
24. [Savory Brussels Sprouts Oatmeal](#)

## Dripping with Cheese

25. [Gouda Grits with Shrimp and Crispy Sprouts](#)
26. [Cheesy Potato Pancakes with Brussels Sprouts](#)
27. [Roasted Brussels Sprouts with Blue Cheese, Walnuts, and Cranberries](#)
28. [Pecorino Polenta with Brussels Sprouts](#)
29. [Brussels Sprouts and Gruyere Quiche](#)

# 101 Brussels Sprouts Recipes

*Continued from previous page*

## **Big Enough for an Entree**

- 30. [Coffee Glazed Brussels Sprouts with Polenta](#)
- 31. [Bulgur Risotto with Brussels Sprouts](#)
- 32. [Brussels Sprouts and Lentil Saute](#)
- 33. [Rolled Meatloaf Stuffed with Mushrooms & Brussels Sprouts](#)

## **Crispy and Fried**

- 34. [Crispy Brussels Sprouts Chips](#)
- 35. [Brussels Sprouts Fritters](#)
- 36. [Beer-Battered Brussels Sprouts](#)
- 37. [Crispy Ranch Brussels Sprouts Chips](#)

## **Fruity and Sweet**

- 38. [Brussels Sprouts with Pomegranate](#)
- 39. [Brussels Sprout Potato Pancakes with Cranberries](#)
- 40. [Caramelized Brussels Sprouts with Dark Cherry Sauce](#)
- 41. [Lemon Garlic Brussels Sprouts Chips](#)

- 42. [Apple, Fennel & Brussels Sprouts Slaw](#)
- 43. [Brussels Sprouts with Peaches and Bacon](#)
- 44. [Braised Brussels Sprouts with Apples and Chestnuts](#)

## **Baked Together**

- 45. [Brussels Sprouts Gratin](#)
- 46. [Brussels Sprouts Galette](#)
- 47. [Brussels Sprouts and Bacon Gratin](#)
- 48. [Sweet Potato Hummus Tartine with Toasted Brussels Sprouts and Goat Cheese](#)
- 49. [Brussels Sprouts Tart with Apples, Bacon, Blue Cheese and a Cornmeal Crust](#)

## **Tex-Mex Inspired**

- 50. [Fajita Brussels Sprouts](#)
- 51. [Tex-Mex Brussels Salad](#)
- 52. [Brussels Sprouts, Apple & Gorgonzola Quesadillas](#)
- 53. [Brown Rice, Brussels Sprouts and Pomegranate Tacos](#)

## **Pasta Overload**

- 54. [Gnocchi with Brussels Sprouts and Grapes](#)
- 55. [Blue Cheese Bacon and Brussels Sprouts Macaroni & Cheese](#)
- 56. [Roasted Brussels Sprouts and Prosciutto Goat Cheese Pasta](#)
- 57. [Roasted Brussels Sprouts & Bursting Cherry Tomato Spaghetti](#)
- 58. [Squid Ink Pasta with Brussels Sprouts](#)
- 59. [Browned Butter Penne with Brussels Sprouts](#)
- 60. [Root Vegetable Lasagna with Brussels Sprouts](#)
- 61. [Mac & Cheese with Brussels Sprouts](#)
- 62. [Creamy Lemon Pasta with Brussels Sprouts](#)
- 63. [Pasta with Brussels Sprouts, Pesto and Pecorino](#)

# 101 Brussels Sprouts Recipes

*Continued from previous page*

## **Better than Delivery**

- 64. [Brussels Sprouts Pizza with Caramelized Red Onions and Balsamic Reduction](#)
- 65. [Balsamic Brussels Sprouts and Bacon Feta Pizza](#)
- 66. [Brussels Sprouts & Caramelized Onion Pizza](#)
- 67. [Crispy Brussels Sprouts & Pancetta Flatbread](#)

## **Fresh in a Salad**

- 68. [Brussels Slaw with Tahini Dressing](#)
- 69. [Shredded Kale and Brussels Sprouts Salad](#)
- 70. [Roasted Romanesco Leek and Brussels Sprout Salad](#)
- 71. [Warm Brussels Sprouts and Chorizo Salad](#)
- 72. [Blueberry Bean and Brussels Sprouts Salad](#)
- 73. [Brussels Sprouts and Pear Salad](#)
- 74. [Kale and Brussels Sprouts Salad](#)
- 75. [Brussels Sprouts Caesar Salad](#)

- 76. [Kale & Brussels Sprouts Salad with Butternut Squash, Pomegranates and Pecans](#)
- 77. [Winter Panzanella with Maple-Balsamic Vinaigrette](#)
- 78. [Brussels Sprouts, Radish & Apple Salad](#)
- 79. [Roasted Brussels Sprouts Quinoa Salad](#)
- 80. [Wild Rice Pilaf with Brussels Sprouts and Sage Vinaigrette](#)

- 81. [Brussels Sprouts Slaw](#)

- 82. [Brussels Sprouts Tuna Salad](#)

## **Sprouts in Sandwiches**

- 83. [Brussels Sprouts Grilled Cheese Sandwich](#)
- 84. [Brussels Sprouts Reuben Grilled Cheese](#)
- 85. [Brussels Sprouts Sliders](#)

## **Simple Sides**

- 86. [Roasted Brussels Sprouts with Mustard Cream Sauce](#)
- 87. [Brussels Sprouts Stuffed Paratha](#)

- 88. [Charred Brussels Sprouts with Almonds](#)

- 89. [Brussels Sprouts with Rosemary and Shallots](#)

- 90. [Caramelized Brussels Sprouts Bruschetta](#)

- 91. [Crispy Brussels Sprouts & Pickled Onion](#)

- 92. [Roasted Brussels Sprouts Gratin](#)

## **Slurp it All Up Soups**

- 93. [Celery Root Soup with Pancetta, Brussels Sprouts and Toasted Hazelnuts](#)

- 94. [Green Tea with Soup with Brussels Sprouts Dumplings](#)

- 95. [Brussels Sprouts Soup](#)

- 96. [Winter Green Soup](#)

- 97. [Roasted Garlic and Potato Soup with Crispy Brussels Sprouts](#)

- 98. [Autumn Stew with Brussels Sprouts and Apples](#)

# 101 Brussels Sprouts Recipes

*Continued from previous page*

## **Hot & Spicy**

99. Sriracha Honey Beer  
Brussels Sprouts
100. Maple-Sriracha Brussels  
Sprouts
101. Grilled Brussels Sprouts  
with Spicy Ranch Dressing

# Contributors

Many thanks to our writers for this edition of *The Cookful*.



## Lyndsay Burginger, editor

» [cookandagoodbook.com](http://cookandagoodbook.com)

It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for *Cook and a Good Book*, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at *The Cookful*.



## Christine Pittman, editor

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Christine is the Founder and Senior Editor of *The Cookful*. She also blogs at *COOKtheSTORY* where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## Meghan Bassett

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Food addict turned food blogger with a love for cooking uncomplicated, gourmet recipes. I love creating food that is straightforward, relatable and will blow your friends and family away. I am the author of the food blog *Cake 'n Knife*, where you'll find that fresh ingredients + unique flavors + love = gourmet food, every single time.



## Jenn Dempsey

» [motherthyme.com](http://motherthyme.com)

Jenn is a busy mama of 5-year-old twins and the creator of the food blog *Mother Thyme*, where she shares easy family-friendly recipes that combine fresh ingredients with common items already on hand. This pasta-loving mama has a weakness for simple garlic spaghetti loaded with a ton of freshly grated cheese and admits to putting herself in time out with a box of Twinkies #dontjudge.

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**