

Green leafy vegetables are a key part of a healthy diet. They are rich in essential vitamins and minerals as well as antioxidants. Brassica's (the cabbage family – broccoli, kale, brussel sprouts, cabbages) also have nutrients that help us with hormone regulation and detoxification. Green leafies have fallen by the wayside in most American diets, so many people do not have experience with them. The two main keys are that they are lightly cooked (not raw) and a hint of vinegar helps cut the potential bitterness that many people find unpalatable. Here is my favorite recipe for brussel sprouts.

#### Brussel Sprouts with Soy Lemon Glaze

- 10 Brussel sprouts, rinsed and cut in half
- 1 - 2 Tbs butter
- 1 Tbs fresh squeezed lemon juice
- 1 Tbs soy sauce or tamari

Place brussel sprout halves in steamer, steam for 5-7 minutes or until tender  
While sprouts are steaming, melt butter in a skillet over med heat  
Add lemon juice and soy /tamari, cook on med low until bubbling slightly  
Add steamed brussel sprouts, turn so they are facing cut side down  
Continue to cook on med heat until sauce reduces by ½ volume