

featured recipe

Brussels Sprouts  
with Maple Syrup

Source: Deb Fry, CCE-Chemung County  
Serving size: 1/2 cup  
Servings per recipe: 4



Ingredients

- 2 cups Brussels sprouts, halved
- 1 medium apple, cut in similar size chunks
- 1/2 Tbsp olive oil
- 1 Tbsp butter or margarine
- 1 Tbsp maple syrup

Instructions

1. Heat oil and butter in skillet over medium high heat until butter is melted.
2. Add Brussels sprouts, cut side down, in a single layer. Reduce heat to medium and cook 3-4 minutes until bottoms are lightly browned, then stir to flip Brussels sprouts and cook 3-4 minutes more.
3. Add the cut apple and stir often until the apples are slightly soft and some light browning, 4-5 minutes.
4. Drizzle with maple syrup and serve.



As your kids head back to school, it's a good time to "rethink your drink" to prepare for a healthy and successful school year. Sugar-sweetened beverages, like regular soda, energy or sports drinks and other sweet drinks, contain added sugar which provide more calories than needed. They can give you a quick burst of energy, but then leave you feeling tired and irritable soon after. To avoid this, try these tips:

- **Choose water instead of sports drinks.** Water from the tap is an easy and thrifty option to stay hydrated during sports practice.
- **Flavor water with fruits, vegetables or herbs.** For a tasty twist on plain water add slices of cucumber, watermelon, lemons or mint leaves to plain water.
- **Create a kid-friendly drink zone in your home.** Keep ice cold water, seltzer, low-fat milk, and 100% juice in the fridge, to make it easy for kids to quench their thirst.

These small changes will make the healthy beverage choice the easy choice for your family!

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