

seedling

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ART AS ACTIVISM

The
Liberation Arts
festival 2019

ENCOURAGING
YOUR
PARTNER TO
GO VEGAN

WHAT MEAT
CRAVINGS
REALLY MEAN

WORLDSCHOOLING

travelling full-time with
young children

Why You Should Try These Two

Odd-Looking Veggies!

By ~~Deborah~~ **Bostock-Kelley**

Brussels Sprouts



You probably had Brussels sprouts as a kid, and if your childhood was anything like mine, your grandma boiled them into pile of mush, sitting pale green and unappetizing on your plate. You vowed that as an adult, you would never subject yourself to them again. Truly, Brussels sprouts have gotten a bad rap. Closely related to kale, cauliflower and mustard greens, they are low in calories but high in antioxidants, fiber, vitamins and minerals. Until we watched Food Network and my husband made these in a completely different way, I would never have agreed to try them. Now I'm addicted to two versions – healthy and naughty.

- 4 cups Brussels sprouts, halved
- 2 tablespoons olive oil
- 2-3 garlic cloves, minced
- Salt and pepper, to taste
- 3 tablespoons balsamic vinegar glaze

Preheat the oven to 425°F/220°C. Wash and cut the Brussels sprouts in half. Mix them with oil, garlic, salt, and pepper. Spread onto a baking sheet in a single layer and bake for about 30 minutes, stirring occasionally, until browned on the outside and fork tender. Remove from oven and toss with balsamic glaze. Put back in oven for 5 minutes or less, until Brussels sprouts are sticky. (Don't go over 5 minutes as the glaze can burn.)

- 4 cups Brussels sprouts, halved or whole if small
- 1-2 garlic cloves, minced
- Salt and pepper, to taste
- 3 teaspoon Dijon mustard
- ¼ cup lemon juice

Heat oil in a deep fryer to 350°F/175°C. Wash and cut Brussels sprouts in half, or if small, leave whole. Deep fry for 3-5 minutes until fork tender. Remove from deep fryer and drain on a paper towel. Place minced garlic, Dijon mustard, and lemon juice in bowl and mix. Add salt and pepper. Add fried Brussels sprouts and toss well.

Kohlrabi

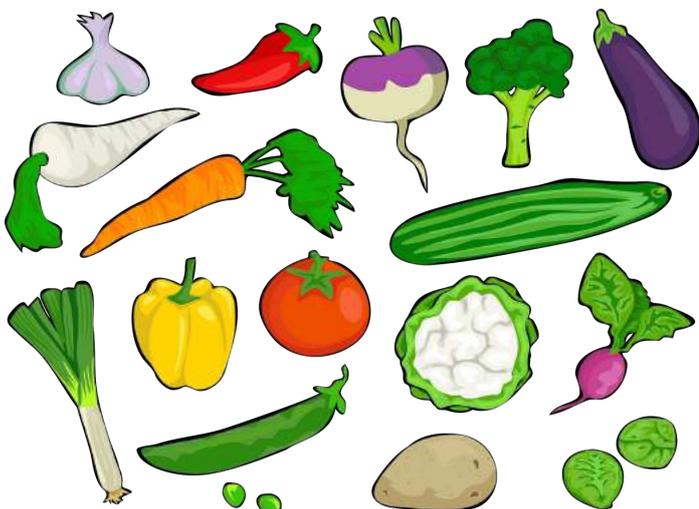
Until a few months ago, I didn't know what this vegetable was, much less how to spell it correctly. It sounds like a new medication – side effects include.... But seriously, this odd-looking little veggie is packed with nutrients and minerals like copper, potassium, manganese, iron, and calcium, as well as vitamins, such as vitamin C, B-complex vitamins, beta-



carotene vitamin A, and vitamin K. It's typically seen in Europe and India. Its alleged health benefits include improved digestion, aiding in weight loss, boosting energy, regulating blood pressure, helping to prevent anemia, and improving bone strength. I was introduced to kohlrabi as a "steak" at Seasons 52 on their veggie plate. It was grilled and quite flavorful, so my husband and I went on a quest to find this elusive cabbage-like plant and finally discovered it at the Publix. We used a panini maker and added this odd-looking veggie to our list of quick and easy favorite meals.

1 kohlrabi
1 tablespoon olive oil
Salt and pepper
Your favorite spices

Peel kohlrabi, taking off leaves and green outer skin. Slice into 1/2 inch 'steaks' and rub with olive oil. Put slices in a panini maker or pan and grill for approximately 20 minutes or until fork tender. Season with salt, pepper and your favorite spices.



About the writer

Deborah Bostock Kelley is a journalist, playwright, producer, director, actress, author, Broadway World theatre critic, owner of [The WriteOne Creative Services](#), & founder of Life Amplified variety showcase for charity.