



Pennsylvania Vegetable Marketing & Research Program  
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**Make This with PA Produce: Grilled Brussels Sprouts Kabobs with Apple Walnut Dressing**

*Academy of Nutrition and Dietetics Spokesperson, Libby Mills, Shares Fun & Flavorful Recipe*

Harrisburg, PA - Libby Mills, MS, RD, LDN, FAND is a dynamic, nationally recognized registered dietitian, a [culinary professional](#), and a spokesperson with the Academy of Nutrition and Dietetics ([eatrightPRO](#)). Founded in 1917, the Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. They're committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

Libby is renowned for her ability to connect with everyday people, Libby combines her energy, wit and creativity to bring food, nutrition and health alive through her professional speaking and writing as well as in her private counseling and cooking and nutrition workshops. Locally she is perhaps best known as the host of "[Libby's Luncheonette](#)" a Philadelphia-area radio show that serves up local sustainability every Monday from 12:15 to 1:00 pm on WCHE1520am. This PA Produce Month, she's serving up a local delight with PA Veggies in the form of one of her favorite recipes.

*"Brussels sprouts have to be kind of one of the bad boys of produce - you either like them or you don't. Finding a recipe that makes Brussels sprouts fun and engaging and super tasty was my goal. This is a recipe that I feel everyone can get involved with and everyone can enjoy. It's all local and it's all delicious. My inspiration was to find something that literally everybody could participate in whether you're young or a little bit more seasoned in the kitchen - everyone can skewer a Brussels sprout, like a tiny baby cabbage, on a skewer and if you're a grill master you can take these skewers right out to the grill and pop them on the fire, give them just a little bit of color and when they're served, you have baby cabbages on a skewer! How fun is that?! There are just a handful [of ingredients] which makes this recipe so great. It's simple, it's easy, it's not overdone and it just has great flavor."*



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## **Grilled Brussels Sprouts Kabobs with Apple Walnut Dressing**

Makes: 4 1-cup servings

Time: 30 minutes, 10-15 minutes cooking

### **Ingredients**

- 4 cups fresh medium sized Brussels sprouts, washed and trimmed
- 1/2 cup walnuts
- 1 small garlic clove, peeled and smashed
- 3 tablespoons low-sodium soy sauce
- 1/3 cup apple cider
- 1 tablespoon apple cider vinegar

### **Directions**

- To pre-steam the Brussel sprouts, fill a large sauce pan with approximately 1-inch of water. Place the steamer basket into the pan and pour off any water that may be touching the bottom of the basket. Add the Brussel sprouts, cover and bring water to a boil over medium heat. Steam for 3 minutes. Remove the Brussel sprouts from the heat and immediately dump the sprouts into a colander to drain pan and easily remove the steamer basket. Alternatively, in a microwave safe bowl, microwave the Brussel sprouts for 3 minutes on high.
- Evenly spread the Brussels spouts on a baking tray to cool.
- Using metal skewers, skewer the cooled Brussels sprouts, by holding the sides of the sprout between your fingers and thumb, driving the skewer away from your body, from the base and out through the crown. Leave about 1/2" between each sprout.
- Lay skewers side-by-side on the tray and lightly spray with oil. Turn and lightly spray again.
- Over medium hot grill, lay skewers on the hot grill. Cook approximately 5 minutes on each side, turning to keep from charring. Cook 10-15 minutes or until sprouts are browned and tender.
- Meanwhile, place walnuts, garlic, low-sodium soy sauce, apple cider and vinegar in a blender; blend until smooth.
- Serve skewers warm, drizzled with the walnut dressing.

*The Pennsylvania Vegetable Marketing and Research Program is a statewide marketing order established by a grower referendum, governed by a grower board and funded by grower assessments. The Program's sole purpose is to serve the vegetable growers of Pennsylvania by promoting Pennsylvania-grown vegetables and funding practical vegetable production research. Consider liking PA Veggies on Facebook ([PAVeggies](#)), following along on Instagram ([@PAVeggies](#)), subscribing to our [YouTube](#) channel, and using #PAVeggies to find and share your homegrown PA happiness experiences.*

**EDITORS: If you have any questions, please contact Angela % PA Veggies at 484.955.3817 or [angela@kitchentableconsultants.com](mailto:angela@kitchentableconsultants.com).**