

## How Long Do Brussels Sprouts Last?

Brussels sprouts are much more than just a holiday vegetable. These hearty, versatile greens can bring big flavors to a variety of dishes. But before we get cooking, we've got to answer a basic question: how long do brussels sprouts last? Find that answer and much more in this handy Glad® guide to freezing and storing brussels sprouts.



# How to Store Brussels Sprouts



When storing brussels sprouts whole, place them loose in a bowl and cover with a food-safe plastic wrap, like Glad® Press'n Seal or Glad® ClingWrap. Poke a few holes in the wrap and place your bowl in the fridge. Doing this should mean your brussels sprouts will last in the fridge for about five days.



If you're cutting your brussels sprouts before storing them, trim the ends, then place the cut or shredded sprouts in a food-safe plastic container, such as a GladWare Food Protection Container and store in the fridge. Cut brussels sprouts should last around three days.



Avoid washing your brussels sprouts until immediately before you plan to use them, as the excess moisture can cause wilting

# How to Freeze Brussels Sprouts



Before freezing brussels sprouts, thoroughly wash and clean them. Also, be sure to remove any yellow or off-color leaves.

From here, boil your brussels sprouts for three to five minutes, depending on size.



Then, plunge the brussels sprouts in ice water immediately after boiling to stop the cooking process. Allow your brussels sprouts to dry.



Once dry, place your portioned-out sprouts into a food-safe plastic freezer bag, like Glad® Freezer Zipper Bags and remove as much air as possible before sealing.

This will help your brussels sprouts last in the freezer for up to twelve months (yes, a whole year of brussels sprouts satisfaction!).

# How to Thaw Brussels Sprouts



How you thaw your brussels sprouts depends on how you plan to cook them. If you're roasting them, simply place your frozen brussels sprouts on a baking sheet, season with olive oil, salt and pepper, and put them directly in the oven.



For all other cooking methods, let your brussels sprouts soften at room temperature for a few minutes, then prepare as desired.

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Now that you've nailed how to store brussels sprouts, you're ready to enjoy them all year long. Follow this quick reference guide to always have an answer to the question, how long do brussels sprouts last?

- Whole, in fridge: About 5 days
- Cut, in fridge: Around 3 days
- Frozen: Up to 12 months