



December 2023



Roasted Balsamic Brussels Sprouts

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



What's in Season: December

Mushrooms

Horseradish

Sprouts



Featured Produce: Brussels Sprouts

Peak Season: Fall and winter

Selection: Choose firm, compact, bright green Brussels sprouts

How to Prepare: Roast or steam and add favorite seasonings

Storage: Refrigerate in plastic bag up to 1 week



Recipes for Every Occasion and Budget

Check out the Celebrate Your Plate recipe pages for a variety of dishes no matter the occasion or budget. Filter recipes by type of dish and by cost per serving to find the perfect recipe for your family this holiday season.

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