

Shaved Brussels Sprouts Salad

Ingredients:

Salad:

- 1 lb fresh brussels sprouts, trimmed and washed
- 1 medium fresh beet peeled and julienned
- 1 apple julienned
- 1/2 cup toasted pecans, chopped
- 1/4 cup green onion sliced into thin round pieces
- 1/2 cup fat-free feta cheese, crumbled (or any dairy free alternative)

Dressing:

- 1/2 cup extra virgin olive oil
- 3 TBS balsamic vinegar
- 2 TBS Dijon
- 1 TBS honey
- 1 TBS minced garlic
- 1/2 tsp sea salt
- 1/4 tsp black pepper

12 Servings

Instructions:

1. Finely chop or shred Brussels sprouts. Either use a knife, or use the “large slice” attachment of a food processor to shred the sprouts.
2. Julienned the apple and beet using food processor with the “large shred” attachment or a knife to shred.
3. Add shredded sprouts, beets, and apples to a large mixing bowl.
4. Make the dressing: Whisk together the dressing ingredients in a medium bowl.
5. Pour dressing over the ingredients in the large mixing bowl and gently stir until dressing is evenly distributed.
6. Top with cheese, pecans, and green onions.
7. Cover tightly with plastic wrap and chill for at least 1 hour.
8. Serve and enjoy!



Photo Credit: joyfoodsunshine.com

Nutrition Facts

12 servings per container
Serving size 0.5 cup (91g)

Amount Per Serving
Calories 160

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **14%**

Total Carbohydrate 10g **4%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 1g Added Sugars **2%**

Protein 3g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.9mg 4%

Potassium 230mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.