

LiveWell

Shredded Brussels sprout salad

Yield: 8 servings



Ingredients:

- 12 ounces Brussels sprouts
- 3 Tablespoons extra virgin olive oil
- 1 Tablespoon minced shallots
- 2 teaspoons dijon mustard
- 3 Tablespoons apple cider vinegar
- 1 teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 large ripe pear, cored and diced
- 1 medium Honeycrisp apple, diced
- ¾ cup pomegranate seeds
- ¼ cup pepitas
- 1 ounce (¼ cup) crumbled goat cheese

Directions:

1. Cut off the root end of each Brussels sprout.
2. Attach the shredding disk blade to your food processor and set it on high speed. Place sprouts into the feed tube one by one, and use the food pusher to press them into the blade. Repeat until you have shredded all sprouts.
3. In a small bowl, whisk together the olive oil, shallots, dijon mustard, vinegar, sugar, salt and pepper.
4. Place shredded sprouts in a large mixing bowl and pour oil and vinegar mixture over them, tossing to coat.
5. Top with pear, apple, pomegranate seeds, pepitas and goat cheese.

Nutrition information per serving:

Calories: 150

Fat: 9 grams

Saturated fat: 2 grams

Cholesterol: 3 mg

Sodium: 132 mg

Carbohydrates: 15 grams

Fiber: 4 grams

Protein: 4 grams

Food exchanges:

2 vegetables, ½ fruit, 2 fat