



RECIPE:

Brussels Sprouts Salad

Number of Servings: 4

Ingredients:

- 1 lb. Brussels sprouts, trimmed and chopped
- 3 Tbsp. apple cider vinegar
- 1/4 c. vegetable oil
- 1/2 c. walnuts, toasted and chopped (optional)
- 1 tsp. mustard (Dijon or other)
- 1/4 c. Parmesan cheese, grated
- Pepper, to taste

Directions:

1. Wash hands with soap and water.
2. Gently rub Brussels sprouts under cold running water. Trim and chop with a knife.
3. Fill a large bowl with 1 1/2 cups of cold water and the apple cider vinegar. Toss to coat the Brussels sprouts in water.
4. Soak the Brussels sprouts for about 30 minutes, tossing halfway through, then drain.
5. Mix mustard and vegetable oil in a small bowl and then add to Brussels sprouts. Toss to combine.
6. Before serving, add Parmesan cheese, walnuts and pepper to taste.
7. Store leftovers in a sealed container in the refrigerator.

Nutrition Info:

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 25g	32%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 2mg	10%
Potassium 523mg	10%
*The % Daily Value 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.	

Recipe Credit: Nebraska Extension Nutrition Education Program