

Wholesome Brussels Sprouts Salad



EXTENSION

Health & Wellbeing

Nebraska Seasonal Produce Guide

4 Servings



Ingredients

- 1 pound Brussels sprouts, gently rubbed under cold running water, trimmed, and chopped
- 3 Tablespoons apple cider vinegar
- 1 teaspoon mustard (Dijon or other)
- ¼ cup of vegetable oil
- ¼ cup Parmesan cheese, grated
- ½ cup walnuts, toasted and chopped (optional)
- Pepper, to taste

Instructions

1. Wash hands with soap and water.
2. Rinse and prepare produce.
3. Fill a large bowl with 1½ 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 the 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 for up to four days.

Nutrition Information per Serving (1 cup): Calories 290, Total Fat 25g, Saturated Fat 3.5g, Cholesterol 5mg, Sodium 140mg, Total Carbohydrates 13g, Fiber 5g, Total Sugars 3g, includes 0g Added Sugars, Protein 7g, Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 10%



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