



Shaved Brussels Sprout Salad

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 4 cups brussels sprouts, whole or pre-shaved
- 1 medium honey crisp apple, chopped
- ½ cup dried cranberries
- 1/3 cup parmesan cheese, shredded or shaved
- 1/3 cup sunflower seeds or pine nuts, toasted
- 1/3 cup chives, chopped
- ¼ cup olive oil
- ¼ cup lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon ground black pepper
- ½ teaspoon salt

DIRECTIONS

1. If using whole brussels sprouts, trim off the stems and discard any dry or wilted leaves. Shave the brussels sprouts using a mandolin, food processor, or thinly slice by hand. If using pre-shaved brussels sprouts, add to a large bowl.
2. Top the brussels sprouts with apple, cranberries, cheese, sunflower seeds or pine nuts, and chives.
3. In a small bowl or mason jar, combine olive oil, lemon juice, Dijon mustard, pepper, and salt. Mix well to combine.
4. Pour dressing over salad and toss well.

Nutrition Facts	
6 servings per container	
Serving size	1 cup (137g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 1mg	6%
Potassium 321mg	6%

*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.

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