Brussels Sprout and Apple Salad

Prep: 10 minutes | Cook: 0 minutes | Inactive: 30 minutes | Total: 40 minutes
Yield: 4 servings | Serving Size: 1 cup

**Directions**

1. Combine the Brussels sprouts, apple, and shallot in a medium bowl.
2. In a small dish or jar, combine the oil, vinegar, honey, salt, and pepper. Whisk or shake to combine.
3. Pour the dressing over the Brussels sprouts, apple and shallot and stir well.
4. Refrigerate for 30 minutes.
5. Garnish with nuts and cheese just before serving.

**Ingredients**

- 3 cups fresh Brussels sprouts, shredded or thinly sliced
- 1 tart sweet apple, such as a honey crisp, chopped
- 1 shallot, minced
- 2 tablespoons olive oil
- 3 tablespoons apple cider vinegar
- 1 tablespoon honey
- ¼ teaspoon salt
- ⅛ teaspoon ground pepper
- 2 tablespoons chopped walnuts
- 2 tablespoons grated Parmesan

**Recipe Notes**

- Substitute shredded cabbage for the Brussels sprouts if desired.
- Omit salt to reduce the sodium content.