

Brussels Sprout and Apple Salad

Prep: 10 minutes | Cook: 0 minutes | Inactive: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1 cup

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
- 1/2 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.

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.

Nutrition Facts Per Serving: Calories: 160 | Total Fat: 10 g | Saturated Fat: 1.7 g Sodium: 200 mg | Total Carbohydrate: 17 g | Dietary Fiber: 4 g | Protein: 4 g



Adapted from Onceuponachef.com | Submitted by Robin LaCroix, RD, CSO For more recipes, please visit www.nutrition.va.gov