



# 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

$\frac{1}{4}$  teaspoon salt

$\frac{1}{8}$  teaspoon ground pepper

2 tablespoons chopped walnuts

2 tablespoons grated Parmesan

## 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.

## Recipe Notes

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

**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](http://Onceuponachef.com) | Submitted by Robin LaCroix, RD, CSO  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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