



## Wholesome Brussels Sprouts Salad

## 4 servings

- 1 pound Brussels sprouts, gently rubbed under cold running water, trimmed and chopped
- 3 Tablespoons apple cider vinegar
- 1 teaspoon mustard (Dijon or other)
- ½ cup of vegetable oil
- ½ cup Parmesan cheese, grated
- ½ cup walnuts, toasted and chopped (optional)
- Pepper, to taste
- 1. Wash hands with soap and water.
- 2. Rinse and prepare produce.
- 3. Fill a large bowl with 1 ½ 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 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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