



Wholesome Brussels Sprouts Salad 4 Servings



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Wholesome Brussels Sprouts Salad

4 Servings

Ingredients:

- 1 lb. Brussels sprouts, trimmed and chopped
- 3 Tbsp. apple cider vinegar
- 1 tsp. mustard (Dijon or other)
- 1/4 c. vegetable oil
- 1/4 c. Parmesan cheese, grated
- 1/2 c. walnuts, toasted and chopped (optional)
- pepper, to taste

Directions:

1. Wash hands with soap and water.
2. Gently rub Brussels sprouts under cold running water. Trim and chop with a knife.
3. Fill a large bowl with 1 1/2 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.

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