



Brussels Sprout and Apple Salad

 BRONSON

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Serves 6-8

Ingredients

Salad

- 4 cups Brussels sprouts, shredded
- 1 apple, diced
- ½ cup walnuts
- 2 tablespoons red onion, finely diced

Dressing

- 1 ½ tablespoons Dijon mustard
- 1 tablespoon honey
- 2 tablespoons red wine vinegar
- ¼ cup olive oil
- ¼ teaspoon garlic powder
- Salt to taste

Directions

1. Toss Brussels sprouts, apple, red onion and walnuts together in a large bowl.
2. Add dressing ingredients to a small bowl, whisk until combined.
3. Pour dressing over salad and mix until well coated. Serve cold.

Serving Tip

If you want a warm salad instead, try roasting Brussels sprouts for about 10-15 minutes at 375°F and then combine with remaining ingredients.

Nutrition Information (per serving)

148 calories, 11.7g fat, 1.4g saturated fat, 10.5g carbohydrate, 2.7g protein, 2.7g fiber, 77mg sodium