



Brussels Sprouts Salad with Apples and Pecans

Makes 2 servings

Salad:

- ½ pound Brussels sprouts (about 12 medium-large sprouts)
- ½ cup roughly chopped pecan halves, toasted
- 1 tablespoon olive oil
- ½ teaspoon fresh lemon juice
- Salt and black pepper
- 1 medium apple, chopped into bite-sized pieces
- Whole parsley leaves

Toppings:

- Shavings of Parmesan cheese or crumbles of smoked goat cheese or feta
- Frizzled shallots or onions (see below)

Directions

Soak Brussels sprouts in a bowl with cold water for about 5 minutes and then rinse. Cut a bit of the bottom off of each sprout, and working from the end, separate the leaves. A paring knife works well here. Once you get to the tender interior of the sprouts and you cannot separate the leaves any longer, thinly slice what remains. Toss the leaves and slices together in a bowl.

Toss sprouts with 1 tablespoon of olive oil, ½ teaspoon of lemon juice and a few pinches of salt and pepper. Gently massage the oil and lemon juice into the leaves, until they turn bright green and are tender. Toss with the chopped apple, pecans and parsley. Taste, and add salt, pepper, lemon or olive oil if needed. Top with cheese and frizzled shallots.

To frizzle shallots: Thinly slice 1 large shallot. Heat a heavy skillet on medium heat. Add 1 tablespoon olive oil, shallots and a pinch of salt. Turn the heat down to medium-low. Stirring frequently, cook shallots until golden brown. Place on paper toweling to soak up extra oil and to help them crisp up.



NUTRITION INFORMATION PER 1½ CUP SERVING:

Calories	385
Fat	25 g
Carbohydrates	25 g
Fiber	8 g
Sodium	300 mg
Protein	9 g
Potassium	520 mg

Also a good source of folate, Vitamin A, Vitamin C, beta-carotene and calcium

Cost per 1½ cup serving: \$2.75

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