

AUTUMN BRUSSELS SPROUTS SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 188

Total Fat: 11 g

Saturated Fat: 2 g

Sodium: 269 mg

Total Carbohydrate: 19 g

Dietary Fiber: 4 g

Total Sugars: 13 g

Protein: 6 g



Ingredients

- 1 pound trimmed Brussels sprouts
- 1 apple, diced
- ½ cup shredded Parmesan cheese
- ⅓ cup toasted and chopped pecans
- ⅓ cup dried cranberries, chopped
- 2 Tablespoons extra-virgin olive oil
- ½ Tablespoon lemon zest
- 3 Tablespoons fresh lemon juice
- 1 pinch ground cayenne pepper
- 1 Tablespoon maple syrup (choose gluten free for GF version)
- ⅓ teaspoon salt
- ½ teaspoon ground black pepper
- 5 slices cooked turkey bacon, finely chopped



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Directions

1. Thinly slice Brussels sprouts using a mandoline or food processor fitted with a slicer attachment and place in a large bowl.
2. Add diced apple, Parmesan cheese, pecans, and dried cranberries.
3. In a small bowl, whisk together olive oil, lemon zest, lemon juice, cayenne, maple syrup, salt, and black pepper.
4. Drizzle over salad and gently toss to coat.
5. Portion out 1 cup servings and top each with chopped turkey bacon