



Brussels Sprout Slaw

Servings

5

Calories

300

Prep Time

5 Minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

1 (12 ounces) package Mann's Brussels Sprouts,
sliced thin

½ cup walnuts or pecans, chopped

½ cup dried cranberries

⅓ cup Parmesan cheese, freshly shaved

⅓ cup extra virgin olive oil

¼ cup low-fat balsamic vinegar

salt & pepper to taste



The Method

Finely shred Brussels sprouts and place in bowl. Add chopped walnuts or pecans and dried cranberries.

Whisk together the extra virgin olive oil, balsamic vinegar, and salt & pepper add to salad and toss all ingredients. Sprinkle the shaved Parmesan cheese on top and serve. Enjoy!

Nutrition Facts

Serving Size: 122g | Servings: 5

Amount Per Serving

Calories 300 | Calories from Fat 220 | Total Fat 25g (sat fat 4g trans 0g) | Cholesterol 5mg | Sodium 250mg | Total Carbohydrate 20g | Dietary Fiber 4g | Sugars 12g | Protein 6g | Vitamin A 10% | Vitamin C 100% | Calcium 10% | Iron 8%