



# Brussels Sprouts & Apple Salad

## Servings

4

## Calories

90

## Prep Time

5 minutes

## Total Time

8 minutes

## Skill Level

Easy

## Ingredients

1 (12 ounces) package Mann's Brussels Sprouts

1 red apple, diced (Gala or Fuji)

2 tablespoons almonds, sliced (optional)

1 teaspoon thyme, finely chopped

½ cup balsamic low-fat vinaigrette dressing

salt and pepper to taste



## The Method

In microwave steam Mann's Brussels Sprouts in bag for 3 minutes, or until tender. Once cooled, cut each Brussels Sprout in half. In a medium size bowl, combine apples, almonds, thyme and dressing with halved Brussels Sprouts, mixing thoroughly. Enjoy!

### Nutrition Facts

Serving Size: 139g | Servings: 4

### Amount Per Serving

Calories 90 | Calories from Fat 30 | Total Fat 3g (sat fat 0g trans fat 0g) | Cholesterol 0mg | Sodium 390mg | Total Carbohydrate 18g | Dietary Fiber 4g | Sugars 7g | Protein 4g | Vitamin A 15% | Vitamin C 120% | Calcium 4% | Iron 8%