

Brussels Sprout Salad

with Cranberries and Pecans

Try this delicious way to eat raw Brussels sprouts. They are in the cruciferous vegetable family, known for their cancer prevention properties.



INGREDIENTS

- 1 pound Brussels sprouts, trimmed
- ¼ cup extra-virgin olive oil
- 3 tablespoons lemon juice
- ¼ teaspoon salt (or to taste)
- ¼ teaspoon ground pepper
- ½ cup chopped pecans, toasted
- ½ cup shaved Parmesan cheese
- ⅓ cup coarsely chopped dried cranberries

DIRECTIONS

STEP 1

Cut Brussels sprouts in half lengthwise and thinly slice crosswise to the core; discard core. (Alternatively, shred whole, trimmed Brussels sprouts in a food processor with a slicing blade attachment.)

STEP 2

Whisk oil, lemon juice, salt and pepper in a medium bowl. Add the shredded Brussels sprouts, pecans, Parmesan and cranberries; toss to coat.

NUTRITION FACTS

Serving Size: 1 Cup Per Serving: 245 calories; protein 6.4g; carbohydrates 15.9g; dietary fiber 4.3g; sugars 8.6g; fat 18.9g; saturated fat 3.4g; cholesterol 2.7mg; vitamin a iu 680.1IU; vitamin c 67.3mg; folate 49.7mcg; calcium 139.9mg; iron 1.3mg; magnesium 29.4mg; potassium 344.8mg; sodium 349.9mg; thiamin 0.2mg; added sugar 5g. Exchanges: 2 1/2 Fat, 1 1/2 Vegetable, 1/2 Fruit, 1/2 High-Fat Protein



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