

Brussels Sprout Salad

with Maple Vinaigrette Dressing

8 Servings

15 Minutes

INGREDIENTS:

For the dressing:

- 1/3 cup olive oil
- 1 tablespoon fresh lemon juice
- 2 tablespoons white vinegar or apple cider vinegar
- 1 tablespoon pure 100% maple syrup
- Salt and black pepper to taste

For the salad:

- 1/2 lb. Brussels sprouts ends trimmed
- 1/4 cup walnuts, chopped
- 1/4 cup dried cranberries
- 1/3 cup shredded or shaved Parmesan cheese
- Salt and black pepper to taste

DIRECTIONS:

1. First, make the maple vinaigrette dressing. In a small bowl, whisk together the olive oil, lemon juice, vinegar, and pure maple syrup. Season with salt and pepper and set aside.
2. Next, shave the brussels sprouts. Use a sharp knife to thinly slice brussel sprouts.
3. Place the shredded brussels sprouts in a large bowl. Add the walnuts, dried cranberries, and Parmesan cheese.
4. Drizzle the salad with the dressing and toss well. Season with salt and pepper and serve.

TIPS: Store salad in an airtight container. Can last up to two days in refrigerator. If you want to enjoy the salad over several days, add dressing to individual servings.

Adapted from: <https://www.twopeasandtheirpod.com>



Nutrition Facts

8 servings per container

Serving size 1

Amount Per Serving
Calories 200

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 4g	8%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Ensalada de brotes de Bruselas

con aderezo de vinagreta de arce

8 Porciones

15 Minutos

INGREDIENTES:

Para el apósito:

- 1/3 taza de aceite de oliva
- 1 cucharada de jugo de limón fresco
- 2 cucharadas de vinagre blanco o vinagre de sidra de manzana
- 1 cucharada de jarabe de arce 100% puro
- Sal y pimienta negra al gusto

Para la ensalada:

- 1/2 lb. Brotes de Bruselas terminan recortados
- 1/4 de taza de nueces picadas
- 1/4 de taza de arándanos secos
- 1/3 de taza de queso parmesano rallado o afeitado
- Sal y pimienta negra al gusto

PREPARACIÓN:

1. Primero, haz el aderezo de vinagreta de arce. En un tazón pequeño, mezcle el aceite de oliva, el jugo de limón, el vinagre y el jarabe de arce puro. Sazonar con sal y pimienta y reservar.
2. A continuación, afeitar las coles de Bruselas. Utilice un cuchillo afilado para cortar en rodajas finas los brotes de Bruselas.
3. Coloque las coles de Bruselas ralladas en un tazón grande. Agregue las nueces, los arándanos secos y el queso parmesano.
4. Rocía la ensalada con el aderezo y agita bien. Sazonar con sal y pimienta y servir.

CONSEJOS: Almacene la ensalada en un recipiente hermético. Puede durar hasta dos días en el refrigerador. Si quieres disfrutar de la ensalada durante varios días, agrega aderezo a las porciones individuales.

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