

AUTUMN BRUSSELS SPROUTS SALAD

Autumn Brussels Sprouts Salad

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

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 188	Total Carbohydrate: 19
Total Fat: 11 g	Dietary Fiber: 4 g
Saturated Fat: 2 g	Total Sugars: 13 g
Sodium: 269 mg	Protein: 6 g

Ingredients

- 1 pound trimmed Brussels sprouts
- 1 apple, diced
- ½ cup shredded Parmesan cheese
- ½ cup toasted and chopped pecans
- ½ 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)
- ⅛ teaspoon salt
- ½ teaspoon ground black pepper
- 5 slices cooked turkey bacon, finely chopped

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