Apple & Shredded Brussels Sprouts Salad

PREP TIME: 10-15 MIN | SERVINGS: 2-4

INGREDIENTS:
- 2 cups thinly sliced or shredded Brussels sprouts
- 1/2 apple, diced or thinly sliced
- 1/4 to 1/2 cup walnuts
- 1/4 cup (4 Tbsp) olive oil
- 1.5 Tbsp vinegar (balsamic, red wine, white wine) or lemon juice
- 1/2 Tbsp Dijon mustard
- 1 tsp maple syrup or honey
- 1/8 tsp salt
- Pepper, to taste

DIRECTIONS:
- To shred Brussels sprouts, trim off ends and thinly slice with a sharp knife. In a medium-large bowl, add shredded Brussels sprouts, apple and walnuts.
- In a small bowl, whisk together oil, vinegar or lemon juice, mustard, maple syrup or honey, salt and pepper. Pour over salad and toss to coat. Optionally, let sit for 30-60 minutes before serving so it can soak up the flavors.
- Store leftovers in the fridge and enjoy within 3-4 days.

RECIPE NOTES:
- Try pecans or sliced almonds in place of walnuts
- Sub pear or dried cranberries for apple
- Add thinly sliced red onion or top with parmesan cheese

@SFSTATECARES

WELLNESS.SFSU.EDU/NUTRITION