

Brussels Sprouts and Apple Slaw with Pecans

INGREDIENTS

- 2 cups Brussels sprouts (about 12 sprouts)
- 1 medium grated apple
- 1 tbsp extra virgin olive oil
- 2 tbsp rice or cider vinegar
- 1 tsp Dijon mustard
- ¼ tsp each salt and pepper
- ¼ cup toasted pecans

DIRECTIONS

Cut off tough ends of sprouts and slice thinly, or shred them in food processor using slicing blade. Combine shredded sprouts and grated apple in serving bowl. In small bowl, whisk together oil, vinegar, mustard, salt and pepper. Pour over sprouts and top with toasted pecans.



Makes 6 servings. Each:
81 calories • 1.5g protein •
5.5g fat • 8g carb • 2.5g fiber
• 124mg sodium