

Brussels Sprout Salad with Lemon Parmesan Vinaigrette



Serving is 1 cup Calories: 203 Fat: 15g Carbs: 14g Protein: 8g

INGREDIENTS

- 1 pound Brussels Sprouts trimmed and thinly sliced
- 1 lemon zest and juice
- 2 tablespoons extra virgin olive oil
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 clove garlic grated
- ¼ cup grated parmesan cheese
- ¼ cup pine nuts or toasted almonds for added crunch (optional)

DIRECTIONS

Thinly slice/shred the Brussels sprouts using a food processor with the slicing blade. Alternatively, slice them thinly with a sharp chef's knife. Place in a large bowl.

Zest the lemon directly over the bowl. Next, drizzle the shaved Brussels with olive oil, lemon juice, garlic, salt and pepper. Toss well, ideally using hands, to slightly "massage" the vinaigrette into the Brussels.

Pre-heat oven to 350 degrees. Toast pine nuts until golden brown, about 6-7 minutes. Add toasted pine nuts and parmesan to slaw and toss once more before serving.

Recipe Credit: The Lemon Bowl

