



Catherine's Brussel Sprouts Salad

PREP TIME

30 min

TOTAL TIME

35 min

Nutrition Information Per Serving

Makes 12 (1/12th recipe) servings

FAT

14g

PROTEIN

4g

CARBS

6g

CALORIES

152

Ingredients

Salad

$\frac{3}{4}$ pound Brussel Sprouts

$\frac{1}{2}$ cup red onion, diced

$\frac{1}{2}$ cup red or orange bell pepper, diced

$\frac{1}{4}$ cup green onions, sliced

1 Tbsp (or more depending on your preference) finely diced jalapeno

6 slices of crisp bacon, crumbled

½ cup fresh blueberries

½ cup candied walnuts or pecans (may also sub toasted, sliced almonds in a pinch!)

Dressing:

½ cup olive oil

2 tsp Dijon mustard

4 tsp balsamic vinegar

4 tsp maple syrup or sugar-free syrup (check with your coach!)

salt and pepper to taste

Instructions

1. Thinly slice the Brussels sprouts discarding the core. Add the red onions, green onions, and peppers. Cover and refrigerate.
2. To make the dressing, combine the ingredients in a small jar or container. Shake or whisk to blend. Refrigerate until ready to use.
3. When ready to serve, add the bacon, blueberries, and nuts. Toss with dressing and serve.

Pro Tip:

To save time, buy pre-shredded Brussel sprouts and skip the slicing!