

# Warm Brussels Sprouts, Walnut & Cranberry Salad



Estimated Time: 50 mins

## Nutrition Per Serving

8 Servings (1 cup per serving)

Calories .....	129
Protein .....	4g
Total Carbohydrates .....	12g
Net.....	9g
Sugar .....	4g
Fiber .....	3g
Total Fat .....	8g
Saturated Fat .....	1.5g
Polyunsaturated Fat .....	1.3g
Monounsaturated Fat .....	4.4g
Trans Fat .....	0g
Cholesterol .....	3mg
Minerals	
Sodium .....	169mg
Potassium .....	281mg
Phosphorus .....	88mg
Calcium .....	89mg

Recipe provided by  
Melanie Betz, MS, RD, CSR,  
CSG, LDN

## Ingredients

- 1 pound Brussels sprouts
- 1 small onion, chopped
- 3 celery stalks, chopped
- 2 tablespoons olive oil, divided
- 1/3 cup dried cranberries
- 1/3 cup chopped unsalted pecans, toasted
- 1/3 cup Parmesan cheese, shredded
- 1 tablespoon lemon juice
- 1 teaspoon dijon mustard
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Wash and trim Brussels sprouts. Then, very thinly slice sprouts, or shred using a food processor.
2. In a 12-inch skillet, heat 1 tablespoon olive oil over medium heat. Then, add onion and celery.
3. Cook for 4-5 minutes until softened. Add Brussels sprouts and cook for another 4-5 minutes until Brussels sprouts are slightly softened, but still bright green.
4. Transfer cooked vegetables to a large bowl. Add cranberries, pecans and cheese.
5. Whisk together remaining 1 tablespoon olive oil, lemon juice, mustard, pepper and salt. Toss dressing with salad ingredients. Serve immediately.
6. Salad is delicious served warm or cold!

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.