



Shredded Brussels Sprouts Salad



1/4 of recipe (about 1 1/4 cups): 155 calories, 7g total fat (1.5g sat. fat), 404mg sodium, 19.5g carbs, 2.5g fiber, 11g sugars, 3.5g protein

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Prep: 5 minutes



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Ingredients

Salad

4 cups shredded or shaved Brussels sprouts
1 cup chopped Fuji or Gala apple
1/4 cup sweetened dried cranberries, chopped
1/4 cup crumbled feta cheese
1/2 oz. (about 2 tbsp.) chopped walnuts

Dressing

2 tbsp. seasoned rice vinegar
1 1/2 tbsp. Dijon mustard
1 tbsp. olive oil
1/8 tsp. black pepper

Directions

Place salad ingredients in a large bowl. Toss to mix.

In a small bowl, combine dressing ingredients. Whisk until uniform. Add dressing to salad, and toss to coat.

MAKES 4 SERVINGS

HG Tip: Look for 9-oz. bags of Brussels sprouts in the produce section.

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