



Shredded Brussels Sprout Slaw

Yield: 8 servings

Ingredients

For the slaw:

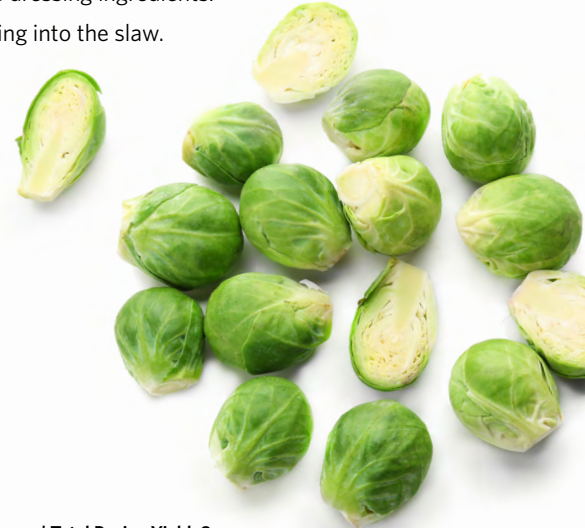
- 3 cups thinly sliced brussels sprouts
- 2 cups thinly sliced kale
- 1 cup grated carrots
- 1 cup diced apple
- ½ cup sliced almonds, toasted
- ¼ cup diced red onion
- ¼ cup diced dried cranberries

For the dressing:

- 2 tablespoons apple cider vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon maple syrup
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Instructions

1. In a large bowl combine all of the slaw ingredients.
2. In a small bowl, whisk together the dressing ingredients.
3. Right before serving, stir the dressing into the slaw.



Presented by
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Nutrition Information

Serving Size: 1 cup | Total Recipe Yield: 8 cups
Calories: 120 | Total Fat: 6.6 g | Saturated Fat: 0.7 g | Monounsaturated Fat: 4.3 g | Polyunsaturated Fat: 1.2 g
Sodium: 118 mg | Total Carbohydrate: 14 g | Dietary Fiber: 3.6 g | Sugars: 7.8 g | Protein: 3.3 g

Source: Recipe adapted from Tracie Antonovich, The Kitchen Girl.