

Shaved Brussels Sprouts, Bacon & Apple Salad

8 ingredients · 15 minutes · 3 servings



Directions

1. In a food processor, add the Brussels sprouts and process until shredded, about twenty seconds.
2. In a large bowl, mix together shaved Brussels sprouts, apple, onion, and bacon.
3. In a small bowl, whisk together apple cider vinegar, olive oil, dijon mustard, and maple syrup. Add to salad and toss to combine.
4. Portion into bowls and enjoy!

Notes

Leftovers

Refrigerate in a resealable container for up to four days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Top with grilled chicken or cooked chickpeas for an extra satiating meal.

Additional Toppings

Sprinkle with nutritional yeast or grated parmesan for extra flavor.

Make it Vegan

Omit bacon for a vegan alternative.

Ingredients

4 cups Brussels Sprouts (trimmed and halved)

1 Apple (chopped)

1/4 cup Red Onion (medium, diced)

3 slices Bacon, Cooked (chopped)

3 tbsps Apple Cider Vinegar

2 tbsps Extra Virgin Olive Oil

1 tbsp Dijon Mustard

1 tbsp Maple Syrup

Nutrition

Amount per serving

Calories	237	Vitamin D	0IU
Fat	13g	Vitamin E	2mg
Carbs	25g	Vitamin K	214µg
Fiber	6g	Thiamine	0.2mg
Sugar	14g	Riboflavin	0.2mg
Protein	7g	Niacin	2mg
Cholesterol	9mg	Vitamin B6	0.3mg
Sodium	265mg	Folate	76µg
Potassium	610mg	Vitamin B12	0.1µg
Vitamin A	921IU	Phosphorous	134mg
Vitamin C	104mg	Magnesium	36mg
Calcium	65mg	Zinc	1mg
Iron	2mg	Selenium	7µg

