

Shaved Brussels Sprouts Salad

Ingredients:

- 1 pound Brussels sprouts
- 1/2 cup toasted walnuts
- 3 tablespoons finely grated pecorino Romano cheese
- 1 lemon
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper



Directions:

Thinly slice leaves of Brussels sprouts into a medium bowl. Add walnuts and cheese. Finely grate lemon rind into bowl; halve lemon, and squeeze juice into bowl. Drizzle with olive oil. Season with salt and pepper, and toss to combine. You can make the salad up to 20 minutes in advance.

Nutrition Information

- Calories 172
- Fat 14.5 g
- Sat. Fat 2.5 g
- Protein 5 g
- Carbohydrate 9 g
- Fiber 4 g
- Sodium 249 mg
- Sugars 2 g

Submitted by: MSU Extension

Source: Taste of Home