Shredded Brussels Sprouts Salad

Enjoy this easy-to-prepare dish as a nutritious, antioxidant-rich side paired with your favorite lean protein or as a meal to pack for lunch.

**Ingredients:** Makes about 8 servings

- 1 cup nuts of choice (such as pistachios, sliced almonds or pine nuts)
- 4 tablespoons extra virgin olive oil or split in half with another oil (such as avocado, almond or hazelnut oil)
- 2 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon grated lemon zest
- 1 tablespoon fresh lemon juice
- Salt to taste
- Freshly ground pepper to taste
- 1 pound Brussels sprouts, finely shredded (can be shred in a food processor or purchase pre-shredded Brussels sprouts)
- ½ cup pomegranate seeds (optional)
- 1 cup shaved/shredded parmesan cheese
Preparation:
1. Preheat oven to 350 degrees. Toast the nuts until fragrant. Allow to cool and coarsely chop the nuts.
2. In a medium bowl, whisk the oil, vinegar, mustard, lemon zest, and lemon juice. Season with salt and pepper. Add the shredded Brussels sprouts, pomegranate seeds, cheese and toss until combined. Sprinkle with chopped nuts.

Nutrition Facts*:
Total calories: 213
Total fat: 17g
Saturated fat: 2g
Monounsaturated fat: 8g
Polyunsaturated fat: 3g
Sodium: 49mg
Potassium: 183mg
Total carbohydrates: 12g
Dietary fiber: 4g
Sugars: 4g
Protein: 9g

*Numerals are only estimates