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Brussels Sprout Salad



Makes:

6 servings

Utensil:

Saladmaster Food Processor
small mixing bowl
large mixing bowl
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Recipe:

Contributed By:

Isis Israel
Authorized Saladmaster® Dealer
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Salad

Lemon-Hazelnut Dressing

1 - 2 lemons, juiced, to taste
¼ cup olive oil (60 mL)
1 tablespoon Dijon mustard (15 mL)
1 teaspoon maple syrup (7 g)
½ teaspoon black pepper (1 g)
2 tablespoons chopped hazelnuts (or nutritional yeast) (14 g)
sea salt to taste

Directions:

1. Place all salad ingredients in a large bowl and toss to combine. Set aside.
2. In a small bowl, whisk together all dressing ingredients.
3. Pour lemon-hazelnut dressing over salad, toss to combine and serve.

Nutritional Information per Serving

Calories: 263
Total Fat: 11g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 110mg
Total Carbs: 40g
Dietary Fiber: 8g
Sugar: 8g
Protein: 5g