Lemon-Chile Brussels Sprouts Slaw

INGREDIENTS:
2 Tablespoons lemon juice
1 Tablespoon honey
½ teaspoon crushed red pepper
½ teaspoon salt
¼ teaspoon ground pepper
¼ cup extra virgin olive oil
1 pound Brussels sprouts
½ cup chopped raw almonds (optional)

DIRECTIONS:
1. Rinse sprouts and cut off ends.
2. Mix lemon juice, honey, crushed red pepper, salt, and pepper in a large bowl.
3. Add oil and stir until thickened.
4. thinly slice sprouts and add to bowl.
5. Roughly chop almonds and add to bowl.
6. Mix all ingredients together.
Serve immediately or store covered in fridge for up to four days.

RECIPE TIPS:
• Choose firm Brussels sprouts with bright green heads.
• Store fresh, unwashed, and untrimmed in the fridge for up to six days.
• To prepare roast in the oven, sauté on the stove, or enjoy raw in a fresh salad!

SERVING SIZE: 1 1/3 cups
SERVINGS: 6
PREPARATION TIME: 20 minutes
COOK TIME: 20 minutes

EQUIPMENT NEEDED:
• Knife
• Cutting board
• Measuring cups
• Large bowl
• Mixing spoon

NUTRITION FACTS:

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>179</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
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</tr>
<tr>
<td>Saturated fat</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
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<tr>
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<tr>
<td>Sugar</td>
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</tr>
<tr>
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<tr>
<td>Potassium</td>
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Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org