



Lemon-Chile Brussels Sprouts Slaw

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

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!

NUTRITION FACTS:

Amount Per Serving	
Calories	179
Total fat	14g
Saturated fat	2g
Cholesterol	0mg
Sodium	179mg
Total Carbohydrate	12g
Fiber	7g
Sugar	5g
Includes 3g of Added Sugars	
Protein	5g
Phosphorus	103mg
Potassium	366mg

EQUIPMENT NEEDED:

- Knife
- Cutting board
- Measuring cups
- Large bowl
- Mixing spoon

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyselves.org