

# Lemon-Chile Brussels Sprouts Slaw

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## 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)

## Equipment Needed

Knife, cutting board, measuring cups, large bowl, mixing spoon.

## 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. (optional)
  6. Mix all ingredients together.
- Serve immediately or store covered in fridge for up to 4 days.

## Brussels Sprouts 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 and 1/3 cups

Servings: 6

Preparation Time: 20 min

Cook Time: 20 min

## Nutrition Facts

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