

Brussel Sprout Salad



Servings: 8

For the Dressing:

1/4 cup olive oil, plus 1 tablespoon

*1/4 cup lemon juice, plus 1
tablespoon*

*1/4 cup parsley, chopped
salt and pepper, to taste*

For the Brussel Sprout Salad:

*2 pounds Brussels sprouts, thinly
sliced*

1/2 cup toasted almonds

1/2 cup pomegranate arils

Parmesan cheese, shaved

In a medium bowl whisk together olive oil, lemon juice, parsley, salt, and pepper until combined.

In a bowl combine the Brussel sprouts and the dressing. Toss until the Brussel Sprouts are completely coated.

Let the Brussel sprouts sit in the dressing for at least 20 minutes tossing occasionally.

Add in toasted almonds, and pomegranate arils.

Garnish with shaved Parmesan cheese.

Serve

Per Serving (excluding unknown items): 163 Calories; 12g Fat (58.4% calories from fat); 6g Protein; 13g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 30mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 75mg Calcium; 2mg Iron; 525mg Potassium; 123mg Phosphorus. Exchanges: .