



# Shaved Brussels Salad

## Ingredients (serves 2-4)

- 1/2 fresh lemon squeezed for juice
- 1 shallot, peeled and minced
- 2 tbsp apple cider or red wine vinegar
- 1 tsp dijon mustard
- 1/4 cup olive oil
- 1 tbsp honey or brown sugar
- pinch of salt and pepper as desired
- 2-3 handfuls of Brussels sprouts (off stalk)
- 1-2 apples
- 1 ripe avocado

## Nutrition (1 svg)

- KCAL: 203
- SATURATED FAT: 2.25 g
- FIBER: 4.25 g
- SODIUM: 40 mg
- ADDED SUGARS: 4.25 g

## Directions

1. Make dressing by adding all ingredients up to brussels into bottom of salad bowl. Mix well to combine.
2. Chop ends of brussels and then slice thinly to shave them. Add to bowl with dressing and coat. Let sit as you are cutting other ingredients.
3. Slice apples, with skin on, after coring, into little pie-like slices. Add to bowl.
4. Peel and cube avocado and add to bowl. Mix all ingredients gently and let sit for 5 minutes before serving.