

Brussels Sprout Slaw

(Each serving is ½ cup. Makes 10 servings.)

1 package Brussels sprouts (about 25 normal sized sprouts)

1/3 cup Almonds, toasted

1/2 cup tart dried cherries or cranberries

½ small red onion

Dressing

1/4 cup olive oil

1/4 cup apple cider vinegar or salad vinegar

1 tablespoon honey or agave nectar

1 minced garlic clove

1 tablespoon Dijon mustard

1/4 teaspoon salt

Directions

1. Run all the Brussels sprouts, almonds, red onion, and cranberries through a food processor, in turns, to chop them up in small pieces. Place in a large bowl.
2. Mix up the dressing, add to the bowl and mix it all together.
3. Refrigerate. **This is best when you let it sit and marinate for a day or so. It just gets better and better with time.** Will keep for up to a week in fridge.

Nutrition Info (1/2 cup)

Calories – 120

Carbs – 12g

Fat – 7.3g

Protein – 2.4g

Potassium – 205mg

Sugars – 7g

Fiber – 5g

Sodium – 74.6mg

Cholesterol – 0mg

Calcium – 2.9%

Vitamin C – 59.7%

Vitamin A – 6.3%

Iron – 4.2%