

Recipes makes: 12 Servings (3 oz each)



Ingredients-

- ♥ 24 oz shredded brussel sprouts
- ♥ 1 C. small red onion
- ♥ ¼ C. parsley, thyme, basil or a combo
- ♥ 2/3 C. dried cherries
- ♥ 2 oz creamy herb goat cheese
- ♥ ¼ C toasted almond slices

Vinaigrette

- ♥ 1 small orange, zested and juiced (about ¼ C.)
- ♥ 1 lemon juiced (about ¼ C.)
- ♥ ¼ C. **D'Avolio Extra Virgin Olive Oil**
- ♥ 2 Tbsp minced shallots
- ♥ 1 tsp dijon mustard

PREPARATION:

1. Using a mandolin or food processor, cut off the ends of the sprouts and shred the brussel sprouts.
2. Combine the rest of the ingredients to the sprouts and toss until combined.
3. In a medium bowl make the dressing by adding the juices (or your favorite citrus vinegar) and slowly whisk in the olive oil, zest, shallots, and mustard.
4. Pour 3 oz of the dressing over the brussel sprout salad and reserve the rest for future use.
5. Let salad sit for at least ½ hour before serving.
6. Enjoy!

Nutrition Facts	
Serving Size: 3 oz	
Servings: 12	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3.5g	
Cholesterol less than 5mg	1%
Sodium 35mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Sugars 7g	
Protein 4g	
Vitamin A 10%	Vitamin C 90%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	