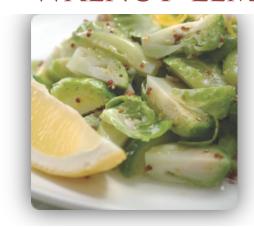
BRUSSELS SPROUTS WITH WALNUT-LEMON VINAIGRETTE



INGREDIENTS

- 1 pound Brussels sprouts, trimmed and quartered
- · 2 tablespoons walnut oil
- 1 tablespoon minced shallot
- ¼ teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 1 teaspoon whole-grain or Dijon mustard
- ¼ teaspoon salt
- Freshly ground pepper, to taste

PREPARATION Ready In: 15mins

- 1. Place Brussels sprouts in a steamer basket and steam in a large saucepan over 1 inch of boiling water until tender, 7 to 8 minutes.
- 2. Meanwhile, whisk oil, shallot, lemon zest, lemon juice, mustard, salt and pepper in a medium bowl. Add the sprouts to the dressing; toss to coat.

NUTRITION INFORMATION

Serving size: about \(^3\)4 cup \(-4\) servings

- Per serving: 107 calories; 7 g fat(1 g sat); 3 g fiber; 10 g carbohydrates; 3 g protein; 76 mg folate; 0 mg cholesterol; 2 g sugars; 0 g added sugars; 988 IU vitamin A; 78 mg vitamin C; 46 mg calcium; 2 mg iron; 188 mg sodium; 405 mg potassium
- Nutrition Bonus: Vitamin C (130% daily value), Vitamin A (20% dv)
- Carbohydrate Servings: ½ Exchanges: 1½ vegetable, 1½ fat