



Visiting Nurse Association  
of Northern New Jersey

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## Shaved Brussels Sprouts Salad

*Makes 4 servings. Recipe from Country Living.*

### Ingredients

3 tbsp. olive oil  
3 tbsp. fresh lemon juice  
1- 1/2 tsp. pure honey  
Kosher salt and freshly ground black pepper  
1 lb. Brussels sprouts, trimmed and thinly sliced  
1 large Gala apple, cut into matchsticks  
1 small shallot, chopped  
1/4 c. toasted hazelnuts  
1 oz. Pecorino cheese, shaved

### Nutritional info per serving

Calories:	231
Total Fat:	17g
Protein:	8g
Carbohydrates:	18g
Cholesterol:	7mg
Sodium:	303mg
Dietary Fiber:	17g
Calcium:	103mg
Potassium:	495mg

### Directions

1. Whisk together oil, lemon juice, and honey in a bowl.
2. Season with salt and pepper.
3. Add Brussels sprouts, apple, shallot, and hazelnuts; toss to combine.
4. Fold in Pecorino and serve.