

Shredded Brussels Sprouts and Apples

This unexpected combination is a surprise crowd pleaser! This dish provides an excellent source of fiber and vitamin C.

Serves 4



Ingredients

- 1 pound Brussels sprouts, shredded (see directions below)
- 1 tablespoon olive oil
- 1 large apple, chopped
- 2 cloves garlic, minced
- 1 tablespoon molasses or honey
- Salt and pepper to taste

Nutrition Facts

Serving Size About 3/4 Cup
Servings Per Recipe 4

Amount Per Serving

Calories 120 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

 Saturated Fat 0.5g **3%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 22g **7%**

 Dietary Fiber 6g **24%**

 Sugars 11g

Protein 4g

Vitamin A 20% • Vitamin C 170%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Remove stems from Brussels sprouts and cut the brussels sprouts in half lengthwise.
2. Take each half and cut them in several 1/8 inch slices. This will give a shredded texture.
3. Set aside.
4. Heat olive oil over medium heat.
5. Add garlic and apple, stirring until apple softens.
6. Add molasses or honey, stir, and remove mixture from pan.
7. In same pan, without cleaning, turn heat to medium high.
8. Add shredded Brussels sprouts and cook until lightly browned, about 2-3 minutes.
9. Salt and pepper to taste.
10. Add in apple mixture and serve immediately.

