Shredded Brussels Sprouts With Dijon Lemon Vinaigrette

About the Recipe

106 Calories · 2 g Protein · 4 g Fiber
Side Dish

Ingredients

Makes 4 Servings

- 1 tablespoon (15 mL) olive oil (see below for oil-free option)
- 1 tablespoon (15 mL) Dijon
- 1 tablespoon (15 mL) maple syrup
- Juice of 1/2 lemon
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1 pound Brussels sprouts, trimmed and shredded
- Sunflower Parmesan, for garnish **optional*

Directions

1. Add the olive oil, Dijon, maple syrup, lemon juice, salt, and pepper to a small bowl and whisk until well combined.
2. Heat a skillet over medium-high heat and add the Brussels sprouts. Drizzle the vinaigrette over the Brussels sprouts and toss to coat. Allow to sit for 2 minutes, toss again, and let them sit for 2 more minutes. The Brussels sprouts should be seared and brown in places at this point and reduced slightly in size.
3. Transfer to a serving dish and garnish with sunflower Parmesan or plant-based Parmesan of choice, if desired.OIL-FREE: Omit the oil completely and add 1 tablespoon water or low-sodium vegetable broth in its place. The Brussels sprouts will not sear as easily without oil; you will know they are ready when

they start to wilt and shrink in size slightly.NOTES: The easiest way to shred Brussels sprouts is to use the shredding attachment for a food processor. If you don’t have a shredding attachment, you can shred the Brussels sprouts by hand on a box grater. Another option is to use the S blade on a food processor: Cut the Brussels sprouts in half, add to a food processor, and pulse until the Brussels sprouts have all broken down into shreds. Some may get cut up into pieces smaller than shreds with an S blade, but that's OK. Do not overprocess. Zest the lemon before you juice it and toss the zest into the vinaigrette for an extra pop of flavor.

Nutrition Facts

Per serving:
Calories: 106
Fat: 2 g
- **Saturated Fat:** 0 g
- **% Calories From Fat:** 17%

Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 20 g
Sugar: 4 g
Fiber: 4 g
Sodium: 495 mg
Calcium: 46 mg
Iron: 1 mg
Vitamin C: 20 mg
Beta-Carotene: 3,564 mcg
Vitamin E: 1 mg