

# 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