BRUSSELS SPROUTS WITH WALNUT-LEMON VINAIGRETTE


Here we dress steamed Brussels sprouts with a delicate vinaigrette flavored with fresh lemon and nutty walnut oil.

INGREDIENTS
1 pound Brussels sprouts, trimmed and quartered
2 tablespoons walnut oil
1 tablespoon minced shallot
1/4 teaspoon freshly grated lemon zest
1 tablespoon lemon juice
1 teaspoon whole-grain or Dijon mustard
1/4 teaspoon salt
Freshly ground pepper, to taste

DIRECTIONS
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.

Serving size: 3/4 cup
Serves: 4
Active Time: 15 minutes
Total Time: 15 minutes
Brussel Sprouts with Walnut-Lemon Vinaigrette

Nutrition Facts
Serving Size: 3/4 cup (80g)
Servings Per Container: 4

Amount Per Serving
Calories 120  Calories from Fat 70
% Daily Value*
Total Fat 7g  11%
  Saturated Fat 0.5g  3%
  Trans Fat 0g
Cholesterol 0mg  0%
Sodium 60mg  3%
Total Carbohydrate 11g  4%
  Dietary Fiber 4g  16%
  Sugars 3g
Protein 4g

Vitamin A 15%  Vitamin C 170%
Calcium 4%  Iron 8%

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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>2,000 Calories</th>
<th>2,500 Calories</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Sat Fat</td>
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<td>Less than 25g</td>
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<tr>
<td>Cholesterol</td>
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<td>Less than 300mg</td>
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<tr>
<td>Sodium</td>
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<tr>
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<td>Dietary Fiber</td>
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INGREDIENTS: BRUSSEL SPROUTS, LEMON JUICE, OIL, WALNUT, MUSTARD (WATER, MUSTARD SEEDS, VINEGAR, SALT, CITRIC ACID, POTASSIUM METABISULFITE (PRESERVATIVE), SHALLOTS, FREEZE-DRIED, BLACK PEPPER, LEMON ZEST