



BRUSSELS SPROUTS WITH WALNUT-LEMON VINAIGRETTE

From EatingWell: October/November 2006, EatingWell for a Healthy Heart Cookbook (2008)

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 (0g)	
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat 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

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