Dinner

Crunchy Brussels Sprout Salad with Creamy Mustard Dressing

Thinly sliced Brussels sprouts come together with artichoke hearts, avocado and crisp romaine in this fresh, hearty salad, all coated in a creamy honey and mustard dressing.



Nut free

25 min	120	12 g	3 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 2 clove garlic
- [ ] 2 tbsp mayonnaise (olive oil)
- [ ] 4 tsp white vinegar
- [ ] 2 tsp honey
- [ ] 2 tsp Dijon mustard
- [ ] 1 tsp dried basil
- [ ] 1/8 tsp salt
- [ ] 1/8 tsp black pepper
- [ ] 1/2 lbs fresh Brussels sprouts
- [ ] 6 oz artichoke hearts (1 jar, in brine; quartered, drained, and rinsed)
- [ ] 1/2 large avocado
- [ ] 1 head romaine lettuce
- [ ] 1 tbsp whole flax seeds (roasted)

Nutrition Facts

Per serving

Calories	120
Total fat	7 g
Saturated fat	1 g
Sodium	160 mg
Total carbs	12 g
Fiber	5 g
Total sugars	3 g
Protein	3 g

Method

- [ ] 1 Start the dressing by adding the garlic, mayonnaise (olive oil), white vinegar, honey, Dijon Mustard, dried basil, salt and black pepper to a large bowl, then whisk everything until smooth.
- [ ] 2 Cut the root ends off the fresh Brussels sprouts, shred each one into thin strips and drop the shreds straight into the dressing.
- [ ] 3 Give the drained artichoke hearts a rough chop and stir them through the bowl.
- [ ] 4 Cut half of a large avocado into medium dice and slide the pieces in with the rest of the salad.
- [ ] 5 Break the head of romaine lettuce into bite-size pieces by hand or with a knife, tip it all into the bowl and toss until every ingredient is coated.
- [ ] 6 Plate the salad and finish it off with the roasted whole flax seeds scattered over the top.

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