

Brussels Sprouts



Brussels sprouts are an excellent source of vitamin C and vitamin K. They are a very good source of numerous nutrients including folate, manganese, vitamin B6, dietary fiber, choline, copper, vitamin B1, potassium, phosphorus, and omega-3 fatty acids. They are also a good source of iron, vitamin B2, protein, magnesium, pantothenic acid, vitamin A, niacin, calcium, and zinc. Brussels sprouts contain numerous disease-fighting phytochemicals including sulforaphane, indoles, glucosinolates, isothiocyanates, coumarins, dithiolthiones, and phenols.

Kale and Brussels Sprout Salad with Honey Balsamic Dressing serves 2

Ingredients

For the salad:

2 cups Brussels sprouts, sliced thinly
3 strips cooked bacon, chopped (optional)
Sprinkle of roasted sunflower seeds

2 cups chopped kale
¼ cup shredded Parmesan
Salt and freshly ground pepper

For the dressing:

¼ cup balsamic vinegar
1 tablespoon honey

2 tablespoons olive oil
½ teaspoon soy sauce

Directions

1. Combine the kale and Brussels sprouts in a medium bowl. Add the bacon, cheese, and seeds; toss everything to combine.
2. Whisk the dressing ingredients together in a small glass bowl. Heat the mixture in the microwave for 20 seconds, then whisk the dressing again and toss it into the salad. Season with salt and ground pepper.