



Categories: Keto. Low Carb. Dairy Free option. Vegetarian

Shaved Brussel Sprout Salad

Yield: 4 servings

Prep time: 15

Total time: 15

Ingredients

Brussel Sprouts | 4 Cups

Olive Oil | ¼ cup, plus extra for drizzle

Fresh Lemon Juice | ¼ cup

Roasted Pecans Nuts | ½ cup (can use almonds or pine nuts)

Parmesan Cheese, grated | 1/3 cup (optional)

Chives, chopped | 1/3 cup

Salt and Fresh Cracked Pepper | To Taste

Directions

Thinly slice/shave the Brussel Sprouts. Can utilize a mandolin or food processor with slice blade.

Add olive oil and lemon juice to medium bowl and whisk together. Add Brussel Sprouts and toss.

Then add nuts, cheese chives and a pinch of salt and pepper to taste.

Let the salad sit at room temperature for 15 minutes, then taste and adjust the salt/pepper. Finish with an additional drizzle of olive oil and cheese.

Macronutrient Breakdown per serving

Calories 304 | Fat 26.7 g | Total Carbohydrates 11.4 g | Dietary Fiber 4.8 g |

Net Carbohydrates 6.6 g | Protein 8.8 g