

Brussels Sprout and Avocado Salad

Ingredients:

Zest of 1 lemon
1 1/2 tablespoons lemon juice
3 tablespoons olive oil
1 lb Brussels sprouts, trimmed
1 avocado, sliced
1/2 teaspoon Dijon mustard
2 tablespoons pumpkin seeds
Salt and pepper to taste

Directions:

1. After trimming Brussels sprouts, loosely separate leaves.
2. Whisk lemon zest, lemon juice, and mustard in a small bowl. Gradually add oil, whisking to emulsify. Season with salt and pepper.
3. Toss dressing with Brussels sprout leaves and pumpkin seeds. Gently stir in avocado.
4. Adjust seasoning as needed and serve.

Nutrition Facts	
Serving Size (191g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 4g	
Vitamin A 10%	Vitamin C 180%
Calcium 4%	Iron 2%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: www.marthastewart.com

