

Brussel Sprouts with Farro and Shallot Vinaigrette

Ingredients:

15 brussel sprouts
1 tablespoon extra virgin olive oil
1/2 cup farro, cooked
2 cups arugula
10 seedless red grapes, halved
2 tablespoons parmesan cheese
1/3 cup roasted walnuts

Dressing:

1 medium shallot, chopped
2 tablespoons honey
1 tablespoon Dijon mustard
2 cups extra virgin olive oil
1/4 cup water
1/4 teaspoon black pepper
1/8 teaspoon salt

Directions:

1. Make the vinaigrette: Combine the shallot, honey, and mustard in a blender until combined. Slowly add the oil in the blender. As the mixture thickens, slowly add the water. Season with salt and pepper. Set aside. (You will only need 1-2 tablespoons for this recipes; store remainder in an air tight container in the refrigerator and enjoy on salads or other roasted vegetables.)
2. Preheat the oven to 450°F. Trim the Brussels sprouts, discarding the hard bases. Season with olive oil, salt and pepper.
3. Roast sprouts until well browned (about 5-10 minutes). Cool completely. Toss the sprouts with 1 – 2 tablespoons of the vinaigrette and the remaining ingredients.
4. Serve and enjoy.

Nutrition Facts

Serving Size 1/2 cup (108g)
Servings Per Container 4

Amount Per Serving

Calories 210 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 26g 9%

Dietary Fiber 6g 24%

Sugars 5g

Protein 7g

Vitamin A 8%

Vitamin C 40%

Calcium 8%

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
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

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Source: <https://www.oldwayspt.org>

