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

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

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.

For more information, please contact:
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Source: www.marthastewart.com