Brussels Sprouts, Cranberry, and Quinoa Salad

Ingredients:

- 1 pound Brussels sprouts, rinsed, ends trimmed, halved lengthwise, and thinly sliced crosswise
- 2 cups cooked quinoa
- 1 cup dried cranberries
- 2/3 cup chopped pecans, toasted

Orange Vinaigrette

- 1/4 cup freshly squeezed orange juice
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- Pinch of salt and pepper

Directions

To make salad: Toss all ingredients together until combined.

To make vinaigrette: Whisk all ingredients together until combined.

Nutrition Facts

Serving Size (183g)
Servings Per Container 6

Amount Per Serving

Calories 300	Calories from Fat 140
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 6g	**24%**
Sugars 14g	
Protein 6g	

Vitamin A 6% • Vitamin C 100%

Calcium 4% • Iron 10%

*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: gimmesomeoven.com