

Brussels Sprouts Salad



INGREDIENTS:

- 4 cups (1 pound) of Brussels Sprouts, finely chopped, sliced, or shredded
- 1 apple, cored and finely cut up
- 1 can chickpeas (Garbanzo beans)
- 2 tablespoons of vinegar
- 2-3 tablespoons of mustard
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 2 tablespoons slivered almonds
- Salt/Pepper

INSTRUCTIONS:

- 1 Add the cut-up Brussels sprouts and apple to a bowl.
- 2 Drain the chickpeas from the can if needed. Add the chickpeas to the bowl with the Brussels sprouts and apple.
- 3 For the dressing mix together vinegar, mustard, lemon juice, garlic, salt, and pepper in a separate bowl.
- 4 Pour the dressing over the Brussels Sprouts, apples, and chickpeas. Mix together.
- 5 Sprinkle the slivered almonds over the top of the salad.

Taste!
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