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Crunchy Brussels Sprout Salad

Ingredients

Salad:

- 6 strips turkey bacon
- 1 pound Brussels sprouts, shredded/chopped fine
- 1 green apple, diced
- 1 lemon, juiced
- $\frac{3}{4}$ cup carrots, shredded/grated
- $\frac{1}{3}$ cup dried cranberries
- $\frac{1}{4}$ cup red onion, minced
- $\frac{1}{4}$ cup sunflower seeds, roasted

Maple Balsamic Dressing:

- $\frac{1}{4}$ cup balsamic vinegar
- $\frac{1}{2}$ cup olive oil
- 1 tablespoon whole grain mustard
- 1 tablespoon maple syrup
- Salt and pepper

Directions

1. Fry the bacon, and set aside to cool on a plate with paper towels.
2. Cut off the bottoms of the Brussels sprouts, then slice them in half. Lay them flat side down on the cutting board. Use a sharp knife to slice them into thin pieces. Chop the rest of the fruit and vegetables.
3. Place the Brussels sprouts and all of the other salad ingredients in a large bowl. Toss together.
4. Make the salad dressing and drizzle on about one third of it into the salad. Toss it all together. If more dressing is needed, add it slowly.
5. Refrigerate the salad for one hour to let the flavors come together.

Nutrition Facts

Serves 8

Calories	240
Total Fat	18g
Saturated Fat	3g
Cholesterol	10mg
Sodium	210mg
Total Carbohydrates	18g
Dietary Fiber	4g
Sugar	10g
Protein	4g

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.