

Brussels Sprouts Salad with Garlic-Lemon Dressing

Remove any yellow leaves from the sprouts and rinse them thoroughly. Trim the bottoms and, with the tip of a knife, make an X in each stem end to help the sprouts cook evenly. Place a steamer basket inside a pot and add about 2 inches of water. Steam the Brussels sprouts just until cooked through, about 10 minutes. Meanwhile, in a small bowl, whisk olive oil, garlic, and lemon juice to blend. Set the dressing aside. When the Brussels sprouts are done, drain them and pat them dry with a paper towel. Cut each sprout in half. In a salad bowl, toss the sprouts with the dressing. Add the red pepper and parsley, season to taste with salt and pepper, and toss again. Serve the salad at room temperature or refrigerate until chilled. To serve, place a lettuce leaf on each of 4 salad plates and spoon the salad over the leaf.

- 3/4 lb. fresh Brussels sprouts
- 1 T extra-virgin olive oil
- 1 garlic clove, finely minced
- 1 t freshly squeezed lemon juice, or to taste
- 1/4 C minced red bell pepper
- 2 T chopped flat leaf parsley salt and freshly ground black pepper
- 4 large lettuce leaves


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OF THE HEART

Heart Healthy Recipe Because MHS s You

Brussels sprouts, like all cruciferous vegetables, contain compounds that help ward off cancer. With this quick recipe, you have the option of serving them cold. The secret to the good taste here comes from pairing the bold flavor of Brussels sprouts with the equally assertive flavors of garlic and lemon juice.

Makes 4 servings/per serving:

Calories	65
Total Fat	4g
Saturated fat	less than 1g
Carbohydrates	7g
Protein	3g
Dietary Fiber	3g
Sodium	18mg


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