

BRUSSEL SPROUTS WITH TOASTED ALMONDS AND PARMESAN CHEESE



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Ingredients

Yields: 6-8 servings

- 1 ¾ lbs fresh brussel sprouts
- 1 c slivered almonds, toasted
- 3 tbsp grated low fat parmesan
- 2 tbsp green onions, chopped
- 1/3 c extra virgin olive oil and 1/3 cup truffle oil (You may substitute another 1/3 c olive oil for the truffle oil if unable to find.)
- 2 tbsp fresh lemon juice
- ½ tsp salt
- ½ tsp pepper
- 1 tsp coarse salt

Directions

1. Wash the brussel sprouts and slice as thinly as possible.
2. Toast the almonds in a dry pan until medium to dark brown.
3. Toss the sliced sprouts with the cheese, nuts, and green onions.
4. Mix the olive oil, lemon juice, salt, and pepper.
5. Add dressing and toss well. Set aside for up to 2 hours.
6. Sprinkle with coarse salt.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	118	11 g	1.7 g	3.4 g	279 mg

Carbohydrate Exchanges: 1/5