

Sweet and Fruity Brussel Sprout Salad

Ingredients

- 2 tbsp minced parsley
- Salt and Pepper
- 1 tbsp honey
- 4 tbsp olive oil
- 2 minced garlic cloves
- ½ shredded red onion
- 10 shredded brussel sprouts
- 1 medium apple, diced
- 5 medium diced strawberries

Prep Time	Cook Time	Serves
25 minutes		4

Procedure

1. Sautee shredded brussel sprouts, shredded onion and parsley in 3 tbsp of olive oil and 1 tbsp of honey. Let cool.
2. Dice apple and strawberries and place in a separate bowl.
3. Add cooled sautéed brussel sprout mix to apples and strawberries. Add 1 tbsp of olive oil and mix until combined.
4. Refrigerate and serve cool.

