

BRUSSELS SPROUT COLESLAW WITH APPLES

ingredients:

- 1 pound trimmed Brussels sprouts
- 6 tablespoons extra-virgin olive oil
- 1 tablespoon lemon zest
- ¼ cup fresh lemon juice
- ½ teaspoon crushed red pepper
- 1 diced apple
- 2 ounces shredded Parmesan cheese
- ½ cup dried cranberries
- ½ cup sunflower seeds
- 1 tablespoon honey
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

directions:

1. Thinly slice 1 lb. trimmed Brussels sprouts using a mandolin or food processor fitted with the slicer attachment. Transfer sliced Brussels sprouts to a large bowl.
2. Add 6 Tbsp. extra-virgin olive oil, 1 Tbsp. lemon zest, ¼ cup fresh lemon juice, and ½ tsp. crushed red pepper; toss to coat. Add diced apple, shredded Parmesan cheese, cranberries, sunflower seeds, 1 Tbsp. honey, 1 tsp. kosher salt, and ½ tsp. black pepper; toss to coat.
3. Let stand 5 minutes to allow the Brussels sprouts to wilt slightly. Enjoy!

