

Brussels Sprouts Slaw with Orange Vinaigrette

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DEPOSITORY.

Serves: 4

Prep: 20 minutes

INGREDIENTS

Slaw

- 16 pieces (8 ounces) Brussels sprouts, thinly sliced
- 1 small carrot, shredded
- 1 radish, thinly sliced (optional)
- 4 tablespoons orange vinaigrette

Orange vinaigrette (About 1 quart):

- 1 cup orange juice
- 2 tablespoons yellow mustard
- 2 tablespoons sugar
- 2 tablespoons red onion, minced
- 2 cups oil
- 1/2 teaspoon salt

DIRECTIONS

1. Cut all the vegetables.
2. Whisk together the orange juice, yellow mustard, sugar, and red onion.
3. Add the oil in a thin steady stream, while whisking constantly. Continue whisking until oil is fully incorporated.
4. Combine vegetables. Stir in 4 tablespoons of orange vinaigrette.
5. Allow to sit for at least 1 hour.

Notes:

- The vinaigrette will last up to 1 week and can be used on any salad.



Nutrition Information

Serving Size: 1/4 of the recipe

Calories	147
Total fat	13 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	65mg
Carbohydrates	12 g
Fiber	4 g
Sugar	4 g
Protein	2 g

Recipe source: Greater Chicago Food Depository