

# Holiday Brussels Sprouts Salad

Yield: 7 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-apple-salad-recipe>

## Ingredients:

- 1/3 cup vegetable oil light, such as sunflower or safflower
- 3 tablespoons white wine vinegar
- 3 tablespoons pomegranate juice
- 1 tablespoon honey
- 2 teaspoons lemon juice plus additional for apples
- 1/4 teaspoon salt
- freshly ground black pepper to taste
- 1 apple medium, such as honeycrisp, diced
- 1 pound brussels sprouts washed, trimmed, & thinly sliced/shaved
- 1 cup pomegranate arils
- 1/2 cup walnut pieces toasted
- 1 1/2 ounces crumbled blue cheese

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 5 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 190 milligrams
9. Sugar: 11 grams

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