

# Mexican Brussel Sprout Slaw w/ Quinoa

Yield: 5 min  
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-brussel-sprouts-recipe>

## Ingredients:

- 1 cup quinoa rinsed well
- 1/2 teaspoon kosher salt
- 1 1/4 cups water
- 4 cups brussel sprouts chopped, 1 pound
- 5 scallions chopped
- 2 garlic cloves grated or finely minced
- 1/3 cup cilantro stems chopped
- 1/2 jalapeño finely chopped
- 2 limes zest and 1/4 C lime juice
- 1/8 cup olive oil
- 1/2 teaspoon salt
- 1 teaspoon coriander seeds whole toasted, optional
- cherry tomatoes optional
- avocado optional
- feta cheese optional
- seeds optional
- black beans optional

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 10 grams
6. Protein: 11 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 670 milligrams

9. Sugar: 3 grams

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