



Issue # 500

April 15, 2014

Recipe 500 Contest Winner

After 4 weeks, 16 recipes, and over 1300 votes, we finally have a winning dish. It was a close race, but Brussels sprouts came out ahead, beating classic comfort food, Veggie Lasagna, 53% to 47%. Competing against colorful salads, spicy soups and even our famous brownies, it definitely earned its spot on top. Plus, adding cruciferous vegetables, like Brussels sprouts, to your diet can help lower risk for certain cancers, especially those of the colon, mouth, esophagus and stomach.

Brussels Sprout Slaw with Cranberries and Walnuts

3/4 lb. Brussels sprouts
1 Fuji or Gala apple, peeled, cored and finely chopped
2/3 cup dried cranberries
1/2 cup chopped walnuts
1/2 tsp. kosher salt
1/8 tsp. freshly ground pepper
1/3 cup fresh Meyer lemon juice (see *Notes*)
1 Tbsp. extra virgin olive oil

Trim bottom from sprouts and remove any loose or bruised leaves. Place shredding disk or fine slicing disk in food processor, and using feeder tube, gradually shred Brussels sprouts; there will be about 4 1/2 cups (see *Notes*). Transfer shredded sprouts to mixing bowl.

Add apple, cranberries, walnuts, salt, pepper and lemon juice and stir with a fork for 1 minute to combine well. Add oil and stir well. Cover and refrigerate slaw for 3 hours to overnight. Re-stir before serving. This slaw is best served within 24 hours.

Notes:

- If Meyer lemons are not available, use 1/4 cup regular fresh lemon juice.
- If your food processor does not have a shredding disk, quarter Brussels sprouts vertically and place in food processor fitted with a chopping blade. Pulse until sprouts are finely chopped, stopping several times to scrape down bowl. Take care not to leave big chunks or to turn sprouts into mush.

Makes 8 servings. Per serving: 1/2 cup

Per serving: 120 calories, 7 g fat (1 g sat fat), 16 g carbohydrates, 3 g protein, 3 g fiber, 130 mg sodium.