



## Quick Bites — Brussels sprouts

After 4 weeks, 16 recipes, and over 1300 votes, AICR finally has 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.

- From AICR Health Talk - [www.aicr.org](http://www.aicr.org)



### Brussels Sprout Slaw with Cranberries and Walnuts

Makes 8 servings.

Per 1/2 cup serving: 120 calories, 7 g fat (1 g sat fat), 16 g carbohydrates, 3 g protein, 3 g fiber, 130 mg sodium.

#### Ingredients:

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

#### Directions:

1. 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 4½ cups (see Notes). Transfer shredded sprouts to mixing bowl.
2. 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:

- o If Meyer lemons are not available, use 1/4 cup regular fresh lemon juice.
- o If your food processor does not have a shredding dish, 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.

#### Did You Know?

Brussels sprouts are a source of isothiocyanates, a class of phytochemicals that help our bodies detoxify undesirable compounds.

*For more information:*  
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