

BROCCOLI & BRUSSELS SPROUTS SLAW

Adapted from a recipe on Epicurious.com

4 servings

Ingredients:

- 1 medium head broccoli, chopped (stems included – approx. 2½-3 cups)
- 6 oz. brussels sprouts, trimmed, thinly sliced lengthwise
- 1/2 tsp. kosher salt, plus more
- 2 oil-packed anchovy fillets (optional)
- 2 Tbsp. Parmesan, finely grated (plus more shaved before serving)
- 1/4 cup olive oil
- 2 Tbsp. fresh lemon juice
- Freshly ground black pepper
- 1/2 cup Castelvetrano or other green olives, pitted
- 1/4 cup unsalted roasted almonds, coarsely chopped

Instructions:

1. Trim broccoli stalk and peel. Chop broccoli into bits and chop stems. Combine broccoli and sliced brussels sprouts in a large bowl and toss with 1/2 tsp. salt. Let sit 10 minutes to soften slightly.
2. Meanwhile, chop anchovies, if using, then mash to a paste with the side of a chef's knife. Combine anchovies, grated Parmesan, oil, and lemon juice in a small bowl; season with salt and pepper. Drizzle over slaw; toss to coat. Serve topped with olives, almonds, and shaved Parmesan.

Nutrition facts per serving

Calories: 250 - Protein: 6 grams - Carbohydrate: 11.1 grams - Fat: 22 grams



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