

Brussels Sprouts & Farro Slaw

Ingredients:

8 ounces	Brussels sprouts, thinly sliced
1 cup	Red apple, thinly sliced
½ Tablespoon	Olive oil
1 ½ Tablespoons	Red wine vinegar
¼ cup	Dried cranberries
¼ teaspoon	Salt
¼ teaspoon	Ground black pepper
½ cup	Farro, cooked and cooled



Method:

- Preheat a medium sized skillet, add olive oil.
- Once the skillet is hot, add sliced Brussels sprouts and sauté for 2-3 minutes or until slightly softened.
- Add the remaining ingredients and sauté for 3-5 minutes or until apple slices are slightly softened.
- Serve hot and enjoy!.

Nutritional Information:

Servings: 5 | Serving size: ½ cup | Calories: 90 | Fat: 2 grams
Sodium: 110 milligrams | Carbohydrates: 16 grams | Protein: 2 grams | Fiber: 3 gram