

Brussel Sprout Coleslaw

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Ingredients:

- ½ pound bacon (choose a brand that is lower in sodium and has fewer nitrates)
- ¼ cup Dijon mustard
- 2 tablespoons apple cider vinegar
- 3 tablespoons fresh lemon juice
- ¼ cup extra virgin olive oil
- ¼ teaspoon fresh ground pepper
- ½ pounds Brussel sprouts, trimmed
- 1 cup pecan halves
- 2 green onions

Preparation:

1. Cook bacon over medium heat. Save drained fat.
2. Whisk Dijon mustard, apple cider vinegar and lemon juice together in a bowl. Add in extra virgin olive oil and fresh ground pepper. Stir together.
3. Wash and slice Brussels sprouts. A food processor works great for this (1/8 to ¼ inch blade), but other devices like a cheese grater, Magic Bullet mixer or Slap Chop work too. If all else fails, slice the sprouts with a knife so they are small like coleslaw.
4. Sauté sprouts in 1-2 tablespoons of bacon fat.
5. Pour in liquid mixture.
6. Mix in pecans, bacon, green onion.