



Salad

LIVE WELL
ALABAMA

#EatBetter

extension

Follow Us



Warm Brussels Sprouts and Pear Salad

Helpful Hints

Brussels sprouts are a
great source of vitamin C.

When cooking, stir
Brussels sprouts to
keep the color bright
and avoid burning.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University)
is an equal opportunity educator and employer. Everyone is welcome! Please let us know if
you have accessibility needs. www.aces.edu

New April 2019, FCS-2352

©2019 by the Alabama Cooperative Extension System. All rights reserved.

Warm Brussels Sprouts and Pear Salad

Serves 8

Ingredients

2 tablespoons olive oil
1 tablespoon apple cider
vinegar
2 teaspoons Dijon mustard
¼ teaspoon pepper
Cooking spray
10 ounces fresh Brussels
sprouts, shredded
1 pear, sliced
⅓ cup dried cranberries

Directions

1. For the dressing, whisk together olive oil, vinegar, mustard, and pepper until the dressing becomes light and almost creamy.
2. Spray skillet with cooking spray and heat over medium heat. Add Brussels sprouts and sauté until soft, but still bright green (about 5 minutes). Transfer mixture to bowl.
3. Add pear and cranberries to wilted Brussels sprouts. Drizzle dressing over salad and toss to combine.