



Brussels Sprouts with Walnut-Lemon Vinaigrette

1 pound Brussels sprouts, trimmed and quartered
2 tablespoons walnut oil
1 tablespoon minced shallot
1/4 teaspoon freshly grated lemon zest
1 tablespoon lemon juice
1 teaspoon whole-grain or Dijon mustard
1/4 teaspoon salt
Freshly ground pepper to taste

Place Brussels sprouts in a steamer basket and steam in a large saucepan over 1 inch of boiling water until tender, 7 to 8 minutes.

Meanwhile, whisk oil, shallot, lemon zest, lemon juice, mustard, salt and pepper in a medium bowl. Add the sprouts to the dressing; toss to coat.

Nutritional Analysis

Serving Size: 1 waffle

Calories	108
Fat	7g
Saturated Fat	1g
Monounsaturated Fat	2g
Sodium	188mg
Carbohydrates	10g
Fiber	3g
Protein	3g
Potassium	405mg

Diabetic Exchanges:

Vegetable	1 ½
Fat	1 1/2