



Brussels Sprouts Salad in Mini Frico Cups

Prep: 20 minutes

Cook: 5 minutes • Serves: 12

- ½ pound Brussels sprouts, ends trimmed
- 1 tablespoon fresh lemon juice
- 2 teaspoons olive oil
- ½ teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 refrigerated hard-cooked peeled egg, chopped
- ¼ cup reduced sodium chickpeas, drained and rinsed
- 2 tablespoons thinly sliced red onion
- 12 Mini Frico Cups

1. Heat medium covered saucepot of salted water to a boil over high heat. Add Brussels sprouts; heat to a simmer and cook 5 minutes or until crisp-tender. Drain; transfer sprouts to large bowl filled with ice and cold water; let stand 5 minutes or until cool. Drain Brussels sprouts and thinly slice.

2. In large bowl, whisk lemon juice, oil, mustard, salt and pepper. Add egg, chickpeas, red onion and Brussels sprouts; toss. Makes about 1¾ cups.

3. Fill frico cups with Brussels sprouts mixture.

Approximate nutritional values per serving (1 filled frico cup):
68 Calories, 4g Fat (2g Saturated), 23mg Cholesterol, 240mg Sodium,
3g Carbohydrates, 1g Fiber, 1g Sugars, 0g Added Sugars, 5g Protein

Mini Frico Cups

Prep: 10 minutes

Bake: 10 minutes • Serves: 12

- 1½ cups shredded Parmesan cheese

1. Preheat oven to 350°. Line rimmed baking pan with parchment paper.

2. Place half cheese in 6 mounds (about 2 tablespoons each) on prepared pan; gently spread each mound into 3-inch circle. Bake 5 minutes or until edges begin to brown.

3. With thin spatula, carefully transfer circles to bottom side of mini muffin tin cups. With hand, mold circles around cups to form cup shapes; let stand 5 minutes or until firm. Repeat with remaining cheese to make 6 more cups.

Approximate nutritional values per serving (1 frico cup):
42 Calories, 3g Fat (2g Saturated), 7mg Cholesterol, 170mg Sodium,
0g Carbohydrates, 0g Fiber, 0g Sugars, 0g Added Sugars, 4g Protein