



Makes 12 cups
Preparation Time: 20 minutes
Cook Time: 1 hours

INGREDIENTS:

1 cup dry tricolor quinoa (or red quinoa), rinsed and drained

1 teaspoon sea salt

1 tablespoon pure maple syrup

2 teaspoons Dijon mustard

½ cup balsamic vinegar

¼ cup 100% pomegranate juice

½ teaspoon orange zest

¼ teaspoon cracked black pepper

6 cups very thinly sliced trimmed Brussels sprouts (or cabbage or chopped fresh broccoli)

2 cups coarsely shredded or finely chopped carrots

¾ cup dried figs, stemmed and halved, or golden raisins

½ cup finely chopped red onion

½ cup pomegranate arils

½ cup unsalted roasted sunflower seeds

Crunchy Brussels Sprout Slaw with Figs, Pomegranate, and Quinoa

This fabulous fall-themed salad is topped with juicy jewel-like **pomegranate** arils and chewy dried figs (or raisins) and is perfect for your next potluck or festive celebration. What sets this salad apart are the thinly sliced raw **Brussels sprouts** combined with shredded carrot and red onion to make a slaw base. Wondering if you can eat Brussels sprouts raw? Yes! Brussels sprouts belong to the *brassica* family and are excellent sliced finely in salads. Quinoa adds extra heft and nutrition. (We recommend using tri-color or red quinoa; white quinoa has a softer texture that won't hold up as well.) Tying everything together is a pomegranate balsamic dressing, which gets extra pep from orange zest and Dijon mustard. Note: If you don't have Brussels sprouts, you can use chopped fresh broccoli or shredded cabbage instead!

Tips

Gluten-free: To make this gluten-free, be sure to choose a Dijon mustard that's gluten-free.

For more inspiration, check out these tasty ideas:

- [Quinoa Tabbouleh with Pomegranate Seeds](#)
- [Pomegranate Wild Rice Salad](#)
- [Cornucopia Kale Salad](#)
- [Thanksgiving Tabbouleh Salad](#)

By Laura Marzen, RD, LD

- 1** In a medium saucepan combine quinoa, ½ teaspoon of the salt, and 2 cups water. Bring to boiling; reduce heat. Cover and simmer 12 to 15 minutes or until quinoa is just tender. Drain any excess liquid, if needed. Transfer quinoa to a large bowl. Cover and chill 1 hour or until cool.
- 2** Meanwhile, for dressing, in a medium bowl whisk together the next six ingredients (through pepper) and the remaining ½ teaspoon salt.
- 3** Add the remaining ingredients to cooled quinoa. Toss to combine. Add dressing; toss to coat. Serve immediately or cover and chill up to 24 hours.