



Gluten-Free Apple-Brussels Sprouts Salad

GF
option

INGREDIENTS

4 cups gluten-free 7-grain bread, cubed into ¾-inch pieces
1 cup red apple, cored and chopped
3 ½ oz Hy-Vee Short Cuts Brussels sprouts, thinly sliced
½ cup celery, thinly sliced
⅔ cup Hy-Vee 33%-less-sodium chicken broth
⅔ cup Hy-Vee apple juice
⅓ cup Hy-Vee salted butter, cut up
1 tsp Hy-Vee dried minced onion
½ tsp poultry seasoning

PREPARATION

- 1** Preheat oven to 425°. Spread bread cubes in a single layer in a large rimmed baking pan. Bake for 8 minutes or until bread is lightly browned and toasted; cool.
- 2** Transfer bread cubes to a large bowl. Add chopped apple, Brussels sprouts, and celery; set aside.
- 3** Combine broth, apple juice, butter, minced onion, and poultry seasoning in a medium saucepan; bring to boiling over medium-high heat. Remove from heat and pour over bread mixture. Cover and let stand 5 minutes. Toss with a fork before serving.

NUTRITION FACTS

Calories: 170
Total Fat: 9g
Saturated Fat: 5g
Trans Fat: 0g
Cholesterol: 35mg

Sodium: 230mg
Carbohydrates: 20g
Fiber: 2g
Sugar: 6g
Protein: 2g