

Shredded Brussels Sprouts Recipe With Pistachios, Cranberries & Parmesan

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Healthy shredded Brussels sprouts recipes make for colorful and easy Thanksgiving side dishes. Pistachios, dried cranberries and salty Parmesan cheese add a burst of flavor and texture to this delicious holiday recipe. From the kitchen of cookincanuck.com.

Ingredients

- 1 1/4 lb. Brussels sprouts
- 2 tsp olive oil, divided
- 1/2 yellow onion, diced
- 1/3 cup shelled pistachios, chopped
- 1/3 cup dried cranberries
- 1/3 cup grated Parmesan cheese (vegan option: use Nutritional Yeast)
- 1/2 tsp ground pepper
- Salt to taste

Instructions

Cut each Brussels sprout in half through the root, then slice thinly.

Heat 1 teaspoon of olive oil in a large skillet set over medium heat. Add the onions and cook, stirring occasionally, until the onions are soft, 4 to 5 minutes.

Add the remaining 1 teaspoon of olive oil to the skillet, then add the Brussels sprouts. Cook, stirring occasionally, until the Brussels sprouts are tender, but still bright green.

Stir in the pistachios, dried cranberries, Parmesan cheese and pepper. Taste and season with additional salt, if desired.

Transfer to a serving dish and keep warm until ready to serve