

Shaved Brussels Sprouts Salad

- Heather Morrill, Portland Farmers Market

INGREDIENTS

1 pound Brussels sprouts

Apple, diced

Dried cranberries or fresh pomegranate seeds

Seeds or nuts (sunflower seeds or pecans, hazelnuts or walnuts, coarsely chopped)

Red onion, thinly sliced

Parmesan cheese, grated

Dressing of your choice

Quick Dijon mustard dressing - add the following to a jar with lid, and shake, shake, shake:

1/3 cup olive oil

1 tablespoon fresh lemon juice or 2 tablespoons apple cider vinegar

1-2 teaspoons pure maple syrup (optional for sweetness)

2 teaspoons Dijon mustard

1 clove garlic minced

Kosher salt and black pepper to taste

DIRECTIONS

Remove sprouts from stalk and rinse. Cut off the stalk ends of the Brussels sprouts and pull off any yellow outer leaves. Use a sharp knife (or mandolin) and slice the brussels sprouts as thinly as possible. Place in mixing bowl.

Create this salad catered to your tastes... I suggest adding something sweet, salty, crunchy, and tangy, but it is up to you!

Toss all ingredients and enjoy! Like other slaws, this salad can sit for a couple hours and become even tastier as the flavors combine.

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