

Crunchy, Sweet, and Savory Shaved Brussels Sprout Salad

Prep Time: 30 minutes |

Best when fresh | Freezer friendly | Gluten-Free, Vegan | Servings: 6 (1 cup servings)

Ingredients

Dressing

- 4 Tbsp olive oil
- 2 ½ Tbsp apple cider vinegar
- 2 tsp maple syrup
- ¼ tsp sea salt
- 2 Tbsp finely chopped shallot

Salad

- ½ cup jicama
- ½ cup carrots
- 4 cups thinly sliced Brussels sprouts (¾ lb. Brussels sprouts yield ~4 cups)
- ¼ cup chopped activated walnuts (see instructions if using raw)
- ½ cup cranberries preferred unsweetened
- 2 cups finely chopped baby kale, stems removed (purple kale is pretty! Or add more Brussels sprouts)
- ¼ to ½ cup cilantro
- 1 cup chopped apple granny smith low glycemic (1 medium apple yields ~1 cup)



Instructions

- Prepare dressing by adding olive oil, apple cider vinegar, maple syrup, salt, and shallot to a small jar with a lid and shaking to combine. Or, add to a bowl and whisk. Set aside.
- Trim the Brussels sprouts, halve them lengthwise, and slice very thinly with a knife or the slicing disc on a food processor.
- Add the Brussels sprouts, cilantro, and kale to a large mixing / serving bowl, shake or whisk the dressing again, and add about half of it. Then massage with clean hands for 1-2 minutes to infuse the Brussels sprouts and kale with the dressing and make them easier to chew and digest.
- Add remaining salad ingredients (apples, cranberries, and walnuts) and the remaining dressing. Toss to coat. ENJOY!
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- Best when fresh. Leftovers will keep in the refrigerator for 24 hours, but the apple will start browning and the veggies may get a little soggy. Not freezer friendly.
- Optional: If using raw walnuts, lightly roasted or dehydrated on a bare baking sheet at 250 F (176 C) for 12-15 minutes or until fragrant.

*Cook time does not include the optional step of roasting walnuts. Freshly roasted nuts will provide the best flavor, but store-bought work too.

**Recipe adapted from Minimalist Baker - minimalistbaker.com