

Recipe Name **Sweet/Tart Brussels Sprout Salad**

**Salad Ingredients:**

2 lbs. fresh Brussels Sprouts

1 lb. granny smith apple, chopped

2/3 cup dried cranberries or other dried fruit

2/3 cup pomegranate arils

1/2 cup toasted pepitas, walnuts or any other seed or nut you prefer

**Dressing Ingredients:**

1/2 cup good quality olive oil

4 Tbsp. apple cider vinegar, with the mother

Juice of 1 lemon (about 2 Tbsp)

1 Tbsp. dijon mustard

1 tsp. powdered garlic

salt/pepper to taste

**Instructions:**

1. Combine all dressing ingredients except the oil and mix.
2. Gradually add the olive oil while whisking vigorously to emulsify the dressing. Put aside until ready to dress salad.
3. Shred Brussels sprouts in your food processor or by hand. I use a thin slicer blade in my food processor
4. Chop apples and toss with a bit of lemon juice to prevent browning
5. Combine all remaining salad ingredients. Toss with dressing and serve.



# RECIPE

If making ahead, I suggest not dressing the salad until just before serving so that it stays nice and crunchy. If you want to dress it ahead of time, it will keep for several hours in the refrigerator before wilting.