



brussels sprout & kale salad

We're getting everyone to eat their veggies with this fast, easy and super delicious Brussels Sprout and Kale Salad. This foolproof salad is full of shredded sprouts, chopped baby kale, Parmesan cheese and roasted almonds, all tossed in a zesty lemon dressing. Talk about a power-packed forkful.

SERVES: 4



julie albert & lisa gnat



ingredients

Zesty Lemon Dressing

- ¼ cup olive oil
- 2 tbsp fresh lemon juice
- 2 tsp honey
- 2 tsp Dijon mustard
- 1 tsp minced shallots
- 1 tsp lemon zest
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

Brussels Sprout Salad

- 4 cups finely shredded Brussels Sprouts (to shred sprouts, cut off the stems, halve them and cut into shreds)
- 4 cups thinly sliced kale
- ½ cup freshly grated Parmesan cheese
- ½ cup chopped roasted almonds

directions

1. For the dressing, in a jar combine olive oil, lemon juice, honey, Dijon mustard, minced shallots, lemon zest, salt and pepper. Shake well to combine and set aside.
2. To prepare the salad, combine shredded Brussels sprouts, sliced kale, Parmesan cheese and roasted almonds. Toss to coat with dressing, serve immediately.

“A well-made salad must have a certain uniformity it should make perfect sense for those ingredients to share a bowl.”

— YOTAM OTTOLENGHI

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