

SHREDDED KALE AND BRUSSELS SPROUT SALAD WITH LEMON DRESSING

yield: 4 TO 6 SERVINGS prep time: 20 MIN

INGREDIENTS:

For the dressing:

- 1 Tablespoon minced shallots
- 2 Tablespoons Dijon mustard
- 1/4 cup freshly squeezed lemon juice
- 1 1/2 teaspoons lemon zest
- 2 teaspoons honey or agave nectar
- 1/4 cup olive oil

For the salad:

- 4 cups finely shredded Lacinato kale (loosely packed)
- 4 cups finely shredded Brussels sprouts (loosely packed)
- 1/2 cup sliced almonds, toasted - or hazel nuts (put in plastic bag + hammer to make smaller pieces)
- 1/2 cup grated Parmesan or Pecorino cheese

↳ prefer using carrot peeler to make shreds

DIRECTIONS:

Make the dressing:

In a small bowl, whisk together the shallots, mustard, lemon juice, lemon zest and honey. Stream in the olive oil while whisking continuously until well combined. Season the dressing with salt and pepper to taste. (You can add more lemon juice or agave nectar to adjust the acidity or sweetness to your personal taste.)

Assemble the salad:

In a large bowl, toss together the shredded kale, shredded Brussels sprouts and toasted almonds. Add as much dressing as desired, tossing to combine, then add the cheese and toss. Serve immediately.

Kelly's Notes:

It is better if you let the salad wait a bit so the dressing can sink into the kale + brussels sprouts.

To shred the Brussels sprouts, cut off the stems, halve them and using a very sharp knife, cut them into shreds.

To shred the kale, strip the leaves from the stems, stack the leaves on top of one another, roll them up and then cut the roll into ribbons.

Recipe adapted from Bon Appétit.

This delicious recipe brought to you by Just a Taste

<http://www.justataste.com/shredded-kale-brussels-sprout-salad-lemon-dressing-recipe/>

