

Shaved Brussels Sprout Salad with Apples & Candied Walnuts

Serves 4-5

INGREDIENTS

- 2 lbs Brussels sprouts, cut in half and thinly shredded
- 1 large or 2 small apples, cut into thin ¼" thick slices
- 1 cup raw walnuts
- ¼ cup granulated sugar
- 1 tablespoon butter
- ½ cup shaved or shredded parmesan cheese
- 1 cup dried cranberries or pomegranate seeds (optional)

Apple Cider Vinaigrette

- ½ cup olive oil
- ¼ cup apple cider vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon Whole grain mustard
- 2 tablespoons maple syrup (or honey)
- 1 clove minced garlic
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground pepper

INSTRUCTIONS

1. Cut **2 lbs brussels sprouts** in half lengthwise, then shred them thinly with a knife (or a mandolin, if you're brave, or you can use a food processor with the slicing attachment). Add shredded brussels sprouts to a large salad bowl.
2. Slice **1 large or 2 small apples** into thin slices and add them to the salad bowl.
3. *Make the candied walnuts* – heat a medium non-stick skillet over medium heat, add **1 cup walnuts, ¼ cup granulated sugar** and **1 tablespoon butter**. Heat over medium heat for 5 minutes, stirring frequently so it doesn't burn (especially towards the end). When the sugar mix starts melting, stir constantly until all sugar is melted and nuts are coated. Transfer immediately onto a sheet of parchment paper and **separate the nuts** right away (or else they will all clump together). Once the coating hardens, roughly chop the walnuts and add them to the salad bowl.
4. *Make the vinaigrette* – pour all the vinaigrette ingredients into a mason jar with a lid and shake well until everything is emulsified. Taste and adjust seasoning as needed.
5. Pour the vinaigrette over the salad (NOTE: you may not need **all** of it, start with ½ - ⅔ of the vinaigrette and go from there) and use your hands to gently massage the Brussels sprouts, softening them a bit. Option to add **1 cup dried cranberries or pomegranate seeds** for a nice pop of color and acidity. Top with **½ cup (or more!) shaved or shredded Parmesan cheese** and enjoy.