

# *Idiot's Kitchen Recipe – Zesty Brussels Sprouts Salad*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – by Claudia/Idiot's Kitchen Original



## Ingredients:

- 1 pound Brussels sprouts, thinly sliced or shaved
- ½ cup walnuts, toasted & chopped
- 1 orange, zested & juiced for dressing (¼ cup)
- ½ cup dried cranberries (Craisins)
- 1 apple, cut into matchstick sized pieces (Granny Smith or other firm apple recommended)
- 1 Tablespoon whole grain mustard
- 1 Tablespoon honey
- 1 Tablespoon white wine vinegar
- ¼ cup olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- Pecorino Romano cheese, grated or shaved with a vegetable peeler for garnish

Rinse and remove any ugly outer leaves from 1 pound of Brussels sprouts. Using a sharp knife or mandolin slicer, carefully slice or shave the Brussels sprouts stopping just before you get to the core/stem.

Place the shaved Brussels sprouts in a large bowl. Add ½ cup of chopped walnuts (toast in a dry pan for 5 minutes for extra flavor) and the zest from 1 orange.

Juice the orange and place ¼ cup of freshly squeezed juice in a small bowl. Add 1 Tablespoon of whole grain mustard, 1 Tablespoon honey, and 1 Tablespoon white wine vinegar. Whisk in ¼ cup of olive oil to make a dressing. Season with ½ teaspoon each salt & pepper or more to taste.

Using a mandolin or sharp knife, cut 1 firm apple (Granny Smith recommended) into matchstick sized pieces. Cut the apple last so that it does not turn brown. Add the apple and ½ cup of dried cranberries (Craisins) to the bowl of Brussels sprouts. Add the dressing and gently toss to combine.

For best flavor, make and dress the salad 30-45 minutes before serving and refrigerate to allow the flavors to combine. Serve with Pecorino Romano cheese garnish that has been shaved with a vegetable peeler or grater.

Makes 4-6 servings depending on size.

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