

Weekend: Shredded Brussels Sprouts Salad

Serves 4



Ingredients:

- 12oz brussels sprouts, tough outer leaves pulled away
- 1/4 cup dried cranberries
- 1/4 cup pecan halves, chopped
- 1/4 cup gorgonzola cheese crumbles (see notes for swaps)
- 1 pear OR apple, chopped
- 2 jumbo shallots, thinly sliced then rings separated
- 1/4 cup extra virgin olive oil

For the Maple Balsamic Vinaigrette:

- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon pure maple syrup
- 1 teaspoon Dijon mustard
- salt and pepper

Directions:

1. For the Maple-Balsamic Vinaigrette: Add all the ingredients to a bowl or mason jar with a tight fitting lid then whisk or shake well to combine. Can be made up to 5 days ahead of time. Store in the refrigerator.
2. Using a sharp, straight-edge knife, thinly shred the brussels sprouts while holding onto the core end. Discard the cores then add the shredded sprouts to a large serving bowl with the dried cranberries, chopped pecans, gorgonzola cheese, and chopped pear/apple. Set aside.
3. Heat extra virgin olive oil in a large skillet over medium-high heat. Once the oil is hot, add half the shallots then fry until light golden brown (NOT dark brown) 2-3 minutes, stirring often. Scoop the fried shallots onto a paper towel-lined plate to drain then repeat with remaining shallots. Sprinkle with salt then let cool slightly.
4. Drizzle the Maple-Balsamic Vinaigrette over the salad then toss to coat. Add the fried shallots then toss again to combine and serve.



Recipe Notes:

- Don't care for raw brussels sprouts? Swap them for mixed greens or chopped romaine hearts instead.
- I recommend shredding your own brussels sprouts vs buying pre-shredded to make sure you can shave them very, very thin. If they're too thick, they can be hard to eat.
- Don't care for gorgonzola cheese? Use crumbled feta cheese or goat cheese. Honey-flavored goat cheese goes especially well with the flavors in this salad.
- Pump this dish up with the protein of your choice! Add sauteed, grilled, or rotisserie chicken, or [roasted shrimp](#).

Side Dish Suggestions:

- [Gluten Free Focaccia](#)
- Roasted Sweet Potatoes: Scrub then dry 4 medium-sized sweet potatoes (10-12oz each). Pierce the potatoes a few times with a fork then place on a metal cooling rack set atop a foil-lined half sheet pan. Bake for 45 minutes to 1 hour and 15 minutes, depending on how big your potatoes are, or until a knife can be easily inserted into the centers.