

Brussels Sprout Caesar Salad

Serves 4



Ingredients:

- Zest and juice of 1 lemon (about 3 Tablespoons)
- 1 clove garlic, minced
- 3 Tablespoons olive oil
- 1 Tablespoon Dijon or brown mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup grated Parmesan cheese, divided
- 1 pound Brussels sprouts, ends trimmed and very thinly sliced
- ¼ cup unsalted roasted pepitas (pumpkin seeds)

Instructions:

1. Make the dressing: in a large bowl, whisk together the lemon zest and juice, garlic, olive oil, mustard, salt, black pepper, and half of the Parmesan cheese.
2. Add the thinly sliced Brussels sprouts and the pepitas into the same bowl and mix well to combine with the dressing.
3. Top with the remaining cheese and enjoy! Salad will last up to 3 days in refrigerator.

[@vetricommunity](#) | vetricommunity.org