



Kale Salad with Shaved Brussels Sprouts and Apples

6-8 servings

Ingredients:

- 1 bunch Kale (about 1 ½ lb.), center stem discarded and leaves cut or torn into bite sized pieces
- 1 cup Brussels sprouts, grated or thinly sliced
- 1 red or green apple, sliced

For the dressing:

- ¼ cup lemon juice
- ¼ cup olive oil
- 2 Tablespoons Dijon mustard
- 1 Tablespoon Shallot, minced
- 1 clove garlic, minced
- ¼ teaspoon salt, plus more to taste
- Black pepper, to taste

Instructions:

1. For the dressing: Combine the lemon juice, olive oil, Dijon mustard, shallot, garlic, ¼ teaspoon salt and a pinch of black pepper in a small bowl or container with a lid. Stir or shake to combine and set aside for flavors to develop.
2. In a large bowl add torn kale, shredded Brussels sprouts and apple slices.
3. Add dressing to kale salad and use tongs or clean hands to toss and evenly coat.
4. Taste and season with a pinch of salt and pepper, if needed.

Optional toppings: sliced almonds, lemon zest, shredded carrot, dried cranberries.