



Brussels Sprout Salad

Ingredients

- 2 lb. Brussels sprouts
- 1/2 cup olive oil
- 1/4 cup fresh lemon juice
- 2 Tbsp. Dijon mustard
- 1 Tbsp. honey
- 2 tsp. kosher salt, divided
- 1 tsp. ground black pepper, divided
- 1 cup sweetened dried cranberries
- 1 cup grated sharp white cheddar
- 1/2 cup toasted sliced almonds
- 1/4 cup chopped fresh parsley

Instructions

1. Prep the Brussels Sprouts

Trim the tough stem ends from the Brussels sprouts. Save any vibrant green leaves that fall off and place them in a large bowl.

Using a sharp knife, mandoline, or food processor, thinly slice the Brussels sprouts into shreds—about 1/8 inch thick. Add them to the bowl with the leaves.

2. Make the Dressing

In a mason jar or small bowl, combine olive oil, lemon juice, Dijon mustard, honey, 1 teaspoon of salt, and 1/2 teaspoon of black pepper. Shake or whisk until well blended.

Pour the dressing over the shredded Brussels sprouts. Add the remaining salt and pepper, then toss well to coat. Let sit for 15 minutes so the sprouts can soften slightly and soak in the flavor.

3. Finish the Salad

Add the dried cranberries, grated cheddar, toasted almonds, and chopped parsley. Toss everything together gently.

Serve right away for crunch, or refrigerate for up to 4 hours before serving.