



Kale and Brussels Sprout Salad with Cranberries



Ingredients:

Salad:

1lb Brussels sprouts
1 large bunch Tuscan Kale (your favorite Kale will do) about 5 cups
1/2 cup dried cranberries (Crasins)
2/3 cup grated Parmesan or your favorite hard cheese
4 large beets roasted, peeled and diced into small squares
1/2 sliced almonds, toasted (we like to use our Candied pecans, use make ahead recipe included)

Dressing:

2 Tbsp. Olive Oil
2 cloves of garlic
2 tsp. Dijon mustard
2 lemons zested and juiced
1 Tbsp. apple cider vinegar
Salt and freshly ground pepper

Instructions:

- 1) Wash both Brussels and Kale. Trim the sprouts and cut them in lengthwise then slice into fine ribbons. Discard the spine (stem) of the Kale and finely chop (or if you used the bagged that is pre chopped you can skip this step). Add both the sprouts and the kale to a large bowl, and then make vinaigrette.
- 2) To make vinaigrette: combine olive oil, garlic, vinegar, Dijon mustard, lemon juice and salt and pepper in a medium bowl, whisking to combine. Add to salad mixture and massage the vinaigrette into the kale for two minutes. This will help make the Kale less bitter and soak in the flavors. Add Cranberries, toss to combine. Cover and place salad at least an hour and up to overnight. We find this salad is always better the next day!
- 3) If using almonds: preheat oven to 350 and spread sliced almonds on foil lined pan and toast for 10-12 minutes, watch closely and stir halfway through baking.
- 4) Once ready to serve, add toasted almonds (or candied pecans) and Parmesan to salad; toss. If you do not add the nuts to the overall salad it holds well for a few days in the fridge.
- 5) Optional: add the roasted chilled beets, about 2 Tbsp. per serving

This dish is also great served with a grilled protein or by adding garbanzo beans.

Questions? We are happy to help!

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