



Shaved Brussels Sprouts Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 lb Brussels Sprouts, trimmed and thinly shaved or sliced
- 1 cup thinly sliced radicchio
- 1 cup thinly julienned Honeycrisp apple (see Chef Note)
- ½ cup O&V [Unflavored EVOO](#) *
- 1 tablespoon **Runamok Maple Syrup** *
- 1 tablespoon O&V [Garlic Mustard](#) *
- ¼ cup O&V [Lemon vinegar](#) *
- 1 teaspoon kosher salt (divided)
- ½ cup roasted or glazed pecans
- ½ cup toasted pine nuts
- ½ cup dried cherries or dried cranberries
- Fresh ground pepper to taste
- ½ cup grated Parmesan cheese (about 1 oz cheese, grated)

Preparation

Thinly shave the brussels sprouts with a knife, mandolin or in a food processor.

Slice the radicchio, core and julienne the apple. Place the julienned apple in a bowl of water with a few drops of lemon juice (to prevent the apple from turning brown).

In a dressing mixer or small jar, mix together the EVOO, maple syrup, Garlic mustard and vinegar along with ½ teaspoon of kosher salt and a few grinds of pepper. Taste and adjust seasoning as needed.

Take the apples out of the water (right before the next step) and pat dry,

In a bowl, toss together the Brussels sprouts, radicchio, pecans, pine nuts, dried cranberries.

Add the dressing, the remaining ½ teaspoon of salt, half the grated cheese and the drained apple juliennes. Toss till well coated and mixed.

Place in a serving platter or bowl and sprinkle with the remaining cheese.

Serves 4

Active time 18 minutes Total Time: 18 minutes

Chef Note

Julienne cut in culinary terms is simply making matchstick shaped pieces. The easiest way is to core your apple, cut it into quarters and then thinly slice the quarters. Take the thin slices and cut into narrow strips that look like matchsticks.

Remember to soak the precut apple matchsticks in a bowl of water with a little lemon juice until you are ready to use. This prevents discoloration of the apple.

Notes

* This simple salad depends on quality ingredients. A nice fruity [Unflavored EVOO](#) as well as the tart and sweet [Lemon Vinegar](#) pair wonderfully to marinate the brussels sprouts and provide great flavor. The combination of the **Runamok Maple Syrup** and the [Garlic Mustard](#) act as wonderful binders, keeping the dressing emulsified while adding sweet and savory notes.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Soups & Salads, Side Salad, Easy Entertaining, Easy Lunch, Unflavored EVOO, Lemon Vinegar, Garlic Mustard, Runamok Maple Syrup, Mediterranean Diet, Brussels Sprouts, Radicchio,