



Shredded Brussels Sprouts Salad

Ingredients:

SALAD

16 oz. Brussels sprouts, shredded
1/2 cup dried cranberries
1/2 cup pecans, chopped
1/2 cup gorgonzola cheese crumbles
1 pear, cubed
2 large shallots, thinly sliced
3 tablespoons extra virgin olive oil

DRESSING

2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
1 tablespoon maple syrup
1 teaspoon Dijon mustard
Pinch black pepper and salt

Directions:

1. To thinly shred Brussels sprouts, cut off stem end, remove thick outer leaves, and cut in half. Thinly slice each sprout in half.
2. In a large bowl, add shredded sprouts, dried cranberries, pecans, gorgonzola cheese, and chopped pears. Set aside.
3. Heat extra virgin olive oil in a skillet over medium-high heat. Add the shallots and sauté until light golden brown for about 4 minutes.
4. Add ingredients for dressing together in a small bowl and whisk together. Pour over salad then toss to coat. Add cooked shallots then toss to combine.

Servings: 8

