

# Brussels Sprouts, Kale and Dried Cranberry Salad

**Servings:** 6-8 as a side dish

## **Ingredients:**

### **For the Dressing:**

- ¼ cup freshly squeezed lemon juice
- 1-2 Tbsp. pure honey
- 2 Tbsp. whole grain mustard (with seeds in it)
- 2 Tbsp. onion, minced
- 1 garlic clove, grated
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ⅓ cup extra virgin olive oil

### **For the Salad:**

- 2 cups chopped kale leaves, no stems
- 2 cups thinly sliced Brussels Sprouts, no stems
- ¼ cup dried cranberries
- 1 chopped apple
- 1 cup roasted/salted almonds, roughly chopped

## **Directions:**

1. Make the Dressing ahead of time: Combine all dressing ingredients in a small bowl and whisk to combine well. Add additional salt and pepper, if needed. Cover and chill.
2. In a large salad bowl, combine the kale and Brussels Sprouts. Massage the kale and sprouts for about 2 minutes with 2 Tbsp. of dressing.
3. Add cranberries and apples. Cover and chill until ready to serve (can be done several hours ahead of time).
4. Up to an hour before serving, toss dressing with kale mixture until well combined. Cover and keep chilled or at room temp until serving. When ready to serve, give salad a toss again and sprinkle with roasted almonds.