

Shaved Brussels Sprouts, Kale and Pomegranate Slaw

THE GOODS

For the salad

4 cups total shaved Brussels Sprouts and kale (you can often find them pre-shredded at the grocery)

1 cup pomegranate arils (seeds)

1 cup toasted nuts or seeds (optional)

Flaky salt to taste

Black pepper to taste

For the dressing

1/2 cup olive oil

1 tsp dijon mustard

1/4 cup Apple Cider Vinegar

Sea salt to taste

THE METHOD:

This is an easy and quick slaw to make for almost any season, as Brussels sprouts, kale and pomegranate are all late fall produce. First, shred the Brussels and kale (unless you bought pre-shredded) and add to a large bowl. Mix the dressing ingredients together in a mason jar, and shake until well mixed. Taste dressing to ensure desired salt content. Once the dressing is mixed pour half over the salad and massage into the leaves with your hands well, helping the Brussels and kale wilt a bit, add more dressing as needed (you may have a bit extra). Once the slaw is to your desired texture (more massaging leads to a softer slaw), top with pomegranate seeds and optional toasted nuts. Sprinkle with flaky salt and black pepper to taste. Serve with your favorite protein for a delicious meal.



WEBSITE



INSTAGRAM

Sue Van Raes