

Shredded Brussels Sprouts Salad



SERVES 4-6 (so double the recipe if you have a larger group)

Ingredients:

12oz brussels sprouts, tough outer leaves pulled away (10oz weight post trim)
1/4 cup dried cranberries
1/4 cup chopped pecans
1/4 cup gorgonzola cheese crumbles
1 pear, chopped
2 jumbo shallots, thinly sliced
3 Tablespoons extra virgin olive oil
For the Maple-Balsamic Vinaigrette:
2 Tablespoons extra virgin olive oil
2 Tablespoons balsamic vinegar
1 Tablespoon maple syrup (not pancake syrup)
1 teaspoon Dijon mustard
salt and pepper

Directions:

Using a very sharp knife, thinly shred brussels sprouts while holding onto the core end then discard cores and add shredded sprouts to a large bowl with dried cranberries, pecans, gorgonzola cheese, and chopped pears. Set aside.

Heat extra virgin olive oil in a skillet over medium-high heat. Add half the shallots then fry until light golden brown, 1-2 minutes. Scoop onto a paper towel-lined plate to drain then repeat with remaining shallots. Sprinkle with salt then let cool slightly.