

Salad of Brussels Sprouts, Almonds and Apples

Prep time:

15 minutes

Yields:

6 servings

Ingredients:

For the Salad

- 1 pound Brussels sprouts
 - 1 medium tart apple, sliced
 - ½ cup raisins
 - 1 cup sliced almonds, toasted

For the Vinaigrette

- 1 tablespoon Dijon mustard
- 2 teaspoons maple syrup
- 3 tablespoons apple cider vinegar
- 1 clove garlic, finely minced
- ½ cup extra virgin olive oil
- Salt and pepper to taste

Directions:

Trim the ends off the Brussels sprouts. Using a sharp knife or using the thinnest blade on a mandoline slicer slice each sprout thinly. Combine in a large bowl with apples, raisins and almonds.

In a separate bowl combine dijon, maple syrup, apple cider vinegar and garlic. Slowly whisk in olive oil and season with salt and pepper. Pour vinaigrette over salad mixture and toss to combine. For best results, refrigerate for 30 minutes

Chef Mat Shalenko, June Health and Wellness