



Kale and Brussels Sprout Salad

Ingredients:

- 1/4 cup fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, minced
- 1/2 teaspoon kosher salt, plus more for seasoning
- Freshly ground black pepper
- 2 large bunches of kale, any type (about 1 1/2 pounds), center stem discarded and leaves thinly sliced
- 12 ounces Brussels sprouts, trimmed and finely chopped
- 1/2 cup extra-virgin olive oil
- 1/3 cup almonds with skins, coarsely chopped
- 1 cup finely grated Parmesan cheese

Directions:

1. Combine lemon juice, Dijon mustard, shallot, garlic, salt, and a pinch of pepper in a small bowl. Stir and set aside.
2. Mix kale and Brussels sprouts in a large bowl.
3. Heat 1 tablespoon olive oil in a skillet over medium-high heat and add almonds. Stir frequently until golden brown. Place on a paper towel-lined plate to drain, and sprinkle with salt.
4. Whisk the remaining olive oil into the bowl with the lemon juice mixture.
5. Add dressing and cheese to vegetables, toss to combine.
6. Garnish with toasted almonds.

Serves 8-10

Serving Size: about 1 cup

Nutrition Facts			
Serving Size 1.00 cup(s) (150g)			
Amount Per Serving			
Calories	220	Calories from Fat	155
		% Daily Value	
Total Fat	17.2g		26 %
Saturated Fat	3.5g		18 %
Trans Fat	0.0g		
Cholesterol	6.4mg		2 %
Sodium	324.3mg		14 %
Total Carbohydrate	12.8g		4 %
Dietary Fiber	3.4g		14 %
Sugars	3.0g		
Protein	7.9g		
Vitamin A	240 %	Calcium	24 %
Vitamin C	209 %	Iron	11 %

