

Brussels Sprouts Salad with Macadamias and Apple



Source: Cook's Illustrated, Better Vegan
Category: Vegan Salads & Dressings
Prep Time: 55 min Cook Time: 0 min Total Time: 55 min
Serves 8-10
Gluten Free | Refined Sugar Free

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Ingredients:

3 Tbsp. lemon juice
2 Tbsp. Dijon mustard
1 small shallot, minced
1 garlic clove, minced
Pink Himalayan salt
Black pepper
6 Tbsp. extra-virgin olive oil
2 pounds Brussels sprouts, trimmed, halved, and sliced very thin
4 ounces vegan cheddar cheese, shredded (1 cup) (optional)
1 Granny Smith apple, cored and cut into 1/2-inch pieces
½ cup raw macadamia nuts, toasted, skinned, and chopped

Recipe Link:

<https://www.betterveganrecipes.com/brussels-sprout-salad>

Instructions:

1. Prepare the ingredients.
2. Whisk lemon juice, mustard, shallot, garlic and 1/2 teaspoon salt together in large bowl. Slowly whisk in oil until incorporated. Toss Brussels sprouts with vinaigrette, and let sit for at least 30 minutes or up to 2 hours.
3. Fold in vegan cheddar, if using, apple, and macadamia nuts. Season with salt and pepper to taste. Serve.

Notes:

Slice the sprouts as thin as possible. I highly recommend using the mandoline slicer or a food processor for this, as it will produce even slices.

Equipment needed:

Mandoline slicer

Serving suggestion:

Best served on its own.