



Shredded Brussels Sprouts Salad

Prep: 10 minutes

Cook: 15 minutes

Serves: 6

Ingredients

For mustard vinaigrette

- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 3 tablespoons red wine vinegar
- Kosher salt and freshly ground black pepper, to taste
- 1/3 cup extra virgin olive oil

For shredded Brussels sprouts salad

- 3 ounces sliced prosciutto
- 1 pound Brussels sprouts, ends trimmed and shredded



- 3 cups chopped kale
- 1 ripe Hass avocado, seeded and diced
- 1 large Honeycrisp or Fuji apple, cored and chopped
- 1 cup cubed white cheddar cheese
- 1 cup chickpeas, rinsed and drained
- 1/2 cup sliced almonds, toasted

Directions

For mustard vinaigrette

1. Whisk together mustard, garlic, vinegar, salt and pepper in a small bowl. Drizzle olive oil while whisking to combine.

For shredded Brussels sprouts salad

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.

2. Arrange prosciutto in a single layer on the baking sheet. Bake for 10-15 minutes or until crispy.

3. Meanwhile, add Brussels sprouts, kale, avocado, apple, cheese, chickpeas and almonds to a large serving bowl and gently toss to mix. Pour mustard vinaigrette over salad and toss to combine. Top with crispy prosciutto.