



Preparation time: 20 minutes

Cooking time: 8 minutes

Ingredients for 6

- 1/2 cup walnuts, coarsely chopped
- 1 pound brussels sprouts, thinly sliced
- 1 crisp apple (Fuji for example), julienned
- 1/4 cup shaved Parmesan cheese
- 2 tablespoons chopped chives

Dressing: 1/2 teaspoon grated lemon zest, 1 lemon juice, 1 chopped shallot, 1 teaspoon maple syrup, 2 teaspoons Dijon mustard, 1/3 cup olive oil, salt and pepper

Brussels Sprout Salad

A delicious winter salad full of flavor... It was a great addition to our Thanksgiving Dinner.

Preheat the oven to 350F. Spread the walnuts on a baking sheet and bake until brown and fragrant, about 8 minutes. Set aside to cool.

To make the dressing, mix the lemon zest, lemon juice, shallots, maple syrup and mustard in a bowl. Slowly whisk in the olive oil until emulsified. Season with salt and pepper. Set aside.

In a large bowl, mix the Brussels sprouts, apple, Parmesan, chives and walnuts.

Add the dressing when you are ready to serve and toss well.