

Brussel Sprout Salad

1 ½ T cup olive oil
1 ½ T walnut oil
1 tablespoon fresh lemon juice
2 tablespoons apple cider vinegar
1 tablespoon pure maple syrup
2 teaspoons Dijon mustard
1 clove garlic minced
Kosher salt and black pepper to taste

1 lb Brussels sprouts ends trimmed and shredded thinly
1 Honeycrisp apple chopped (or 2 small apples)
¼ cup shredded carrot
½ cup sunflower seeds
⅓ cup shredded or shaved Parmesan cheese
Kosher salt and black pepper to taste

In a small bowl or jar, whisk together the olive oil, lemon juice, apple cider vinegar, pure maple syrup, mustard, and garlic. Season with salt and pepper and set aside.

Next, shave the brussels sprouts. Use a food processor with the slicing attachment and pulse until the brussels sprouts are thinly sliced. You can also use a sharp knife if you don't have a food processor.

Place the shredded brussels sprouts in a large bowl. Add the chopped apple, shredded carrot, sunflower seeds, and Parmesan cheese. Drizzle the salad with the dressing and toss well. Season with salt and pepper and serve.