



Shaved Brussels Sprouts & Kale Salad

4 servings

15 minutes

Ingredients

44 milliliters Extra Virgin Olive Oil
59 milliliters Orange Juice (freshly squeezed)
10 milliliters White Wine Vinegar
7 grams Raw Honey
3 grams Dijon Mustard
Sea Salt & Black Pepper (to taste)
264 grams Brussels Sprouts (shaved)
42 grams Kale Leaves (finely chopped)
2 Navel Orange (small, segmented)
105 grams Pomegranate Seeds
50 grams Pecans (chopped)

Directions

- 1 In a jar with a lid, add the oil, orange juice, vinegar, honey, dijon, salt, and pepper. Close the lid tightly and shake well until combined and emulsified.
- 2 In a large bowl, add the Brussels sprouts and kale. Add a splash of the dressing and massage with your hands to soften the Brussels sprouts and kale. Add the orange pieces, pomegranate seeds, and pecans.
- 3 Add the remaining dressing all over and toss to combine. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add a smashed clove of garlic to the dressing. Discard when ready to serve.

No White Wine Vinegar: Use apple cider vinegar.