



# Shredded Kale + Brussels Salad

## INGREDIENTS

### *Salad:*

5 ounces (135 g) lacinato kale, rolled and thinly sliced

5 ounces (150 g) brussels sprouts, trimmed and shredded

3/4 cup (50 g) green onions, thinly sliced

1/2 cup (70 g) pine nuts

### *Champagne Vinaigrette:*

1/4 cup (60 ml) olive oil

1 small garlic clove

2 tablespoons (30 ml) champagne vinegar

1 tablespoon (15 ml) maple syrup

1 1/2 teaspoons (8 ml) lemon juice

3/4 teaspoon dijon mustard

pinch each of salt + pepper

## DIRECTIONS

Place prepared kale, brussels, green onions and pine nuts in a large bowl and toss to combine.

Prepare the dressing by blending olive oil, garlic, champagne vinegar, maple syrup, lemon juice, dijon mustard, salt and pepper in a high-speed blender or food processor until creamy.

Drizzle the dressing over the salad and toss to coat. Enjoy immediately!

## NOTES

Don't have any champagne vinegar? Use whatever vinegar you have on hand, instead!

You can prepare the veggies and dressing separately ahead and dress as needed.

Serves 4.

