

KALE AND BRUSSELS SALAD WITH LEMON MUSTARD DRESSING

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 6-8 servings

Nutrition (per serving)

Calories: 240

Total Fat: 25 g

Sodium: 142 mg

Total Carbohydrate: 8.6 g

Dietary Fiber: 5 g

Protein: 7 g

PREP TIME: 15 min

COOK TIME: 8 min

TOTAL TIME: 23 min



Ingredients

For the salad:

1 cup walnuts, chopped

12 oz brussels sprouts, trimmed and shredded

1 large bunch (about 12 oz) kale, thick center ribs removed, thinly sliced

1/2 cup coarsely grated parmesan cheese

For the dressing:

- 1/4 cup fresh lemon juice, about 2 lemons
- 1/2 cup extra virgin olive oil
- 1 tablespoon Dijon mustard
- 2 tablespoons finely chopped shallots
- 1 clove of garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. Preheat the oven to 350 degrees.
2. Line a baking sheet with aluminum foil or parchment paper. Bake walnuts for 5-8 minutes, until toasted and fragrant. Keep a close eye on these- they burn quickly!
3. Make the dressing: in a bowl, whisk together the lemon juice, oil, mustard, shallot, garlic, salt, and pepper.
4. Assemble the salad: combine brussels and kale in a large bowl, and pour the dressing over top. Toss to combine. Add in the walnuts and cheese, and toss again.
5. Option to add fresh or dried fruits such as pears, apples, cranberries to taste.
6. Serve at room temperature.