

Shaved Brussels Sprout Salad with Apples and Walnuts

Prep time

20 mins

Total time

20 mins

This vegan Shaved Brussels Sprout Salad with Apples and Walnuts is packed full of healthy, in-season flavor—perfect for the cool weather months!

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Makes: 6 servings

Ingredients

For the Salad

- 1 pound Brussels sprouts
- 1 medium tart apple (like Granny Smith)
- 1 medium red onion
- 1 cup chopped walnuts

For the Vinaigrette

- 1 tablespoon Dijon mustard
- 2 teaspoons maple syrup
- 3 tablespoons red wine vinegar
- 1 clove garlic, finely minced
- ½ cup extra virgin olive oil
- Salt and pepper, to taste

Instructions

1. Trim the ends off the Brussels sprouts. Using a sharp knife OR using the thinnest blade on a mandoline slicer (and a [no cut glove](#)) slice each sprout thinly. Slice the apple and red onion in the same manner. Combine in a large bowl.
2. Toast the walnuts in a skillet over medium-high heat, stirring frequently, until fragrant and lightly browned, about two minutes. Add to the Brussels sprout mixture. Toss to combine.
3. Combine the vinaigrette ingredients into a jar with a tight-fitting lid. Close the lid and shake until well-combined. Pour over the Brussels sprout mixture, and toss to coat. Refrigerate for at least 30 minutes before serving.

Recipe by Wholefully at <http://wholefully.com/2015/12/08/shaved-brussels-sprout-salad-apples-walnuts/>

