



Fall Harvest Shaved Salad

SERVINGS: 10

PREPPING TIME: 15 MINS

COOKING TIME: 0 MINS

INGREDIENTS

- 1½ lbs. large Brussels sprouts, very thinly sliced ****see note****
- 1/2 cup pumpkin seeds
- 3/4 cup pecan halves
- 1 large Honeycrisp apple, cored, sliced
- 1 cup dried cranberries

Creamy Maple Dressing

- 1/3 cup nonfat plain Greek yogurt
- 1/3 cup olive oil
- 1/3 cup maple syrup
- 1 tbsp. ground mustard
- 1½ tbsp. apple cider vinegar
- 1/2 tsp. sea salt
- 1/4 tsp. black pepper

NUTRITION

Serving size: 1 cup
 (per serving) 212.1 calories, 13.5g fat, 1.6g saturated fat, 0.4mg cholesterol, 158mg sodium, 21.6g carbohydrate, 5.1g fiber, 11.4g sugar, 4.5g protein

DIRECTIONS

1. For the dressing: In a small bowl, whisk together all ingredients until smooth. Alternatively, blend all ingredients in a jar using an immersion blender. Store in an airtight container in the refrigerator for up to 2 weeks.
2. For the salad: In a large bowl, toss the shaved Brussels sprouts with the pumpkin seeds, pecans, apple slices, dried cranberries, and dressing until coated.

****Note:** To thinly slice or shave Brussels sprouts, follow these steps:

1. Using a Knife:
 - Prepare the Brussels sprouts: Wash them thoroughly and trim off the tough stem. Remove any yellow or damaged outer leaves.
 - Slice with a sharp knife: Hold the sprout by the stem end, then use a chef's knife to slice it crosswise into thin pieces. You can do this slowly and carefully for uniform slices. Continue slicing until you've shaved all the Brussels sprouts.
2. Using a Mandoline:
 - Adjust the blade: Set the mandoline to a very thin setting.
 - Carefully shave the Brussels sprouts: Hold the sprout by the stem and run it across the blade. Be cautious and use a hand guard or protective glove to avoid cutting yourself.
3. Using a Food Processor:
 - Use the slicing attachment: Attach the slicing disk to the food processor.
 - Process the sprouts: Trim and feed the Brussels sprouts into the processor's feed tube. Pulse to thinly slice them quickly.