

# Brussels Sprouts Salad with Kale, Cranberries & Toasted Hazelnuts

Recipe posted on [Entertain the Possibilities](#) blog

Adapted from recipes by [Guy Fieri](#) and [My Whole Food Life](#)



## Ingredients

### For the salad:

- ½ cup skinless hazelnuts
- 8 ounces Brussels sprouts
- 1 small bunch kale (about 4 cups lightly packed leaves, chopped)
- 1 large carrot, peeled and shredded OR 1/3 cup purchased matchstick carrots
- 1 small Granny Smith apple
- ½ cup dried cranberries

### For the dressing:

- 9 tablespoons olive oil
- 5 tablespoons Champagne vinegar
- 1 teaspoon Dijon mustard
- Kosher salt and freshly ground pepper

## Directions

- Preheat the oven to 300 degrees F.
- Roughly chop the hazelnuts, and then spread them out on a sheet pan and roast in the oven until golden, 10-12 minutes. Check frequently to prevent burning.
- Wash and pat dry the Brussels sprouts and kale.

- Trim the rough ends and remove damaged outer leaves from the Brussels sprouts. Cut the Brussels sprouts in half lengthwise, through the stem. Using a sharp knife finely slice the Brussels sprouts crosswise to give you fine ribbons.
- Remove the tough stems from the kale leaves and discard. Stack the leaves up on top of one another and cut across the stem so it yields a similar shape to the shaved Brussels sprouts.
- Remove the apple's core and cut the flesh into thin slices. You can either peel the apple or leave the skin on, as you prefer. (I leave it on.)
- To make the vinaigrette, combine the olive oil, champagne vinegar, Dijon mustard and some salt and pepper in a bowl, whisking together until lightly emulsified.
- Mix the Brussels sprouts, kale, carrots, apple and cranberries together in a large salad bowl. Lightly dress with a few tablespoons of the champagne vinaigrette. (I put on food prep gloves and mix the salad with my hands. Everything gets blended more thoroughly that way, and massaging the kale with the dressing helps it to become tender.)
- Keep the salad in the fridge for at least a few hours before serving. Overnight is better. Before serving, toss the salad again, taste, add a few more spoonfuls of dressing as needed, top with freshly ground pepper and toss again. Finally, top with the toasted hazelnuts and serve.
- This will keep in the fridge for nearly a week.