Shaved Brussels Sprout Salad

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DIRECTIONS

Harvest: Brussel sprouts, lemon, walnuts
Prep Time: 20 minutes
Servings: 10 servings

Ingredients:

- 4 cups raw Brussels sprouts (washed, stemmed, and thinly shaved)
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- ½ cup toasted pine nuts or chopped walnuts
- ⅓ cup dried cranberries or craisins
- ⅓ cup grated Pecorino or Parmesan cheese (optional)
- Salt and black pepper to taste

Instructions:

1. Prep the sprouts: Cut the tough ends off the Brussels sprouts and remove any bruised outer leaves. Slice them as thin as possible using a sharp knife, a food processor, or a mandoline (tip: pierce the sprout with a fork to hold it safely while using a mandoline).
2. Make the dressing: In a large bowl, whisk together the extra-virgin olive oil, fresh lemon juice, a pinch of salt, and freshly cracked black pepper.
3. Massage and mix: Add the shaved Brussels sprouts to the bowl. Massage the greens with your hands for 1–2 minutes to help tenderize the leaves and make them glossy.
4. Add toppings: Toss in the toasted pine nuts (or walnuts), dried cranberries, and cheese if using.
5. Rest and serve: Let the salad sit at room temperature for 10 to 15 minutes before serving so the flavors meld together.