

Kale - Brussels Sprouts Salad



INGREDIENTS

- 1/2 cup olive oil
- 1/3 cup fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 tablespoon minced shallot
- 1 clove garlic, pressed or minced
- 1/4 teaspoon salt
- 2 bunches flat leaf kale
(1 1/2 lbs)
- 12 ounces Brussels sprouts
- 1 cup Pecorino cheese, finely
grated (about 2 1/2 ounces)
- Fresh ground pepper
- *1/3 cup toasted almonds

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Coarsely chop 1/3 cup raw almonds with the brown skin on them. Spread chopped almonds on a cookie sheet and toast for 10 - 12 minutes.
3. To prepare dressing, whisk together oil, lemon juice, mustard, shallot, garlic, and salt. Set aside.
4. Cut the hard end off the Brussels sprouts and any damaged or dirty outer leaves and finely chop.
5. Remove center stem of kale leaves and finely chop.
6. Toss the kale and Brussels sprout leaves together. Add the dressing and cheese. Thoroughly mix.
7. Add fresh ground pepper and toasted almonds on top.

Enjoy!