

Brussels Sprouts Salad with Citrus Vinaigrette

The best shaved Brussels Sprout Salad you'll ever eat! Thinly shredded Brussels stand in for lettuce and get adorned with toasted almonds, dried cherries, crisp bacon, and an easy citrus vinaigrette. Perfect as a holiday side dish or as a main-dish salad when paired with cooked chicken.

🕒 Prep: 20 mins Cook: 15 mins Total: 35 mins

👤 Servings: 14 servings

1x	2x	3x
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INGREDIENTS

For the Salad:

- 2/3 cup sliced or chopped almonds*
- 6 slices bacon (6 oz)
- 1 1/2 lbs (24 oz) raw Brussels sprouts, shredded** (can also use two 10-ounce bags of pre-shredded / shaved Brussels sprouts) or substitute thinly sliced kale or cabbage
- 1 cup thinly sliced red onion
- 2/3 cup dried unsweetened cherries (may substitute cranberries or raisins)
- 4 oz. soft goat cheese, crumbled***

For the Citrus Vinaigrette:

- 1/2 cup avocado oil or olive oil
- Zest and juice of 1 medium orange (about 1 teaspoon zest and 1/3 cup juice)
- Juice of 1 medium lemon (about 3 tablespoons)
- 1 small shallot, minced (may substitute 1 tablespoon minced garlic)
- 2 teaspoons pure maple syrup
- 2 teaspoons fresh thyme (or 1/2 teaspoon dried thyme)
- 1 teaspoon Dijon mustard
- Fine salt and black pepper to taste

INSTRUCTIONS

1. Start by toasting the almonds: Place a small skillet over medium heat. When hot, add the almonds and cook, stirring often, until they are golden and give off a toasted aroma, 6 to 8 minutes. Transfer the almonds to a plate to cool.
2. Wipe the same skillet clean and place it over medium-high heat. When hot, add the bacon and cook until crisp, 2 to 3 minutes per side. Remove the bacon to a paper-towel lined plate. Let cool, then roughly chop into pieces and set aside.
3. In a large bowl, combine the shredded Brussels sprouts, red onion, dried cherries, chopped bacon, and almonds.
4. In a small bowl or jar with a tight-fitting lid, mix together the vinaigrette ingredients.

5. Before serving the salad, re-stir and pour the vinaigrette over the salad; toss well to coat. Add the goat cheese and toss gently to miss.

NOTES

*For nut free, substitute sunflower seeds for the almonds

**If starting with whole, raw Brussels sprouts, we recommend using a food processor with the shredding blade to shave them all quickly. Or, you can thinly slice the trimmed Brussels sprouts with a knife. Just know you'll get a little arm workout with this method.

***Omit the goat cheese for a dairy-free or Whole30 Brussel Sprout Salad recipe

For a faster recipe, use any pre-made citrus vinaigrette in place of the homemade vinaigrette, such as Primal Kitchen Honey Mustard Vinaigrette, Cilantro Lime Vinaigrette, or Lemon Turmeric Vinaigrette.

The salad ingredients and dressing can be prepped up to 3 days ahead and stored in separate containers; toss together before serving. Add the goat cheese just before serving. Salad leftovers can be stored in the fridge for up to 3 days.

NUTRITION INFORMATION

Serving Size: 1/13 of recipe (~3/4 cup) **Calories:** 180 **Fat:** 14 g (**Sat Fat:** 3 g)
Sodium: 121 mg **Carbohydrate:** 11 g (**Fiber:** 6 g **Sugar:** 6 g) **Protein:** 5 g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Whole30

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