

Cranberry & Brussels Sprout Salad

Recipe modified from cookieandkate.com

Salad Ingredients

- 1 pound Brussels sprouts, thinly sliced
- ½ cup slivered almonds, toasted
- ½ cup tart dried cherries or cranberries
- ½ cup Parmesan cheese, finely shredded

Honey Mustard Dressing Ingredients

- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1 garlic clove, minced
- ¼ teaspoon sea salt
- ¼ cup olive oil

Instructions

1. In a medium size bowl, combine: sprouts, slivered almonds, cherries or cranberries and parmesan cheese.
2. In another small bowl, whisk together the vinegar, honey, mustard garlic and sea salt. While whisking, slowly pour in the olive oil until emulsified with other dressing ingredients. Once the dressing is completed, pour over salad and stir in until complete incorporated.

Class recipes can be found at www.evergreenhealth.com/recipes