

Jen's Shredded Brussels Sprout Salad

Contributed by Jen Hurley

For the salad, combine the following ingredients:

4 large handfuls of Brussels sprouts, shredded in with grating attachment of a food processor

1 apple, thinly sliced

5 dates, chopped

1 fennel bulb, thinly sliced (optional)

1 handful of toasted, chopped pecans, hazelnuts, or almonds

A tablespoon or two of chopped mint

Mix the following for the dressing:

¼ cup champagne or white vinegar

¼ cup olive oil

Juice from ½ lemon

1 teaspoon of honey

1 teaspoon of Dijon mustard

1 garlic clove, minced

Toss the salad with dressing, freshly ground pepper, and some shavings of Parmesan cheese.