

## Shaved Brussels Sprout Salad with Lemon Poppy Seed Dressing

Brussels sprouts have made a come-back, and we love them! Served fresh like this, they are so tasty, and are such a wonderful high-fibre addition to your salad repertoire. Rich in Vitamin C (yes, really!), Vitamin K and calcium, they are also one of the higher protein leafy green vegetables. Compounds within them are protective against the cancerous amines produced when meat is charred, so what a perfect match for your next BBQ if you tend to forget to turn the meat like I do 😊

Serves 8

### Ingredients: Salad:

- 500g Brussels sprouts, trimmed and shaved
- 1/2 cup dried cranberries
- 1/2 cup roasted, salted almonds
- 1/2 cup shredded Parmesan (or similar) cheese

### Lemon Poppy Seed Dressing:

- 1/4 cup fresh lemon juice (about juice of 2 large lemons)
- 1-2 tablespoons honey
- 1/2 teaspoon Dijon mustard
- 2 1/2 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- pinch onion powder
- Pinch salt
- 1 teaspoon poppy seeds



### Method

1. **Salad:** In a large bowl, combine the brussels sprouts, dried cranberries, almonds and shredded cheese.
2. **Dressing:** Combine the lemon juice, honey, Dijon mustard, oil, vinegar, onion powder and salt in a blender. Mix until smooth. Add the poppy seeds and process just until combined. Place in an air tight container and store in the refrigerator until ready to use.
3. When ready to serve, top salad with dressing and serve.