



# Shaved Brussels Sprout Salad

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

## Ingredients

- 2 lb Brussels sprouts, shaved
- 2 pears, chopped
- 1 cup pomegranate arils (1 small pomegranate)
- 1/3 cup pecans, raw, roughly chopped

## Dressing

- 1/4 cup olive oil
- 1/4 cup tahini
- 1 lemon, juiced (for 1/2 Tbs juice)
- 2 tsp Dijon mustard
- 2 tsp maple syrup
- 2 Tbs cold water
- salt and black pepper, to taste

## Directions

### Salad

1. Using a food processor, shave the Brussels sprouts.
2. Seed the pomegranate (if necessary).
3. Roughly chop the pecans.
4. Chop the pears.

### Dressing

1. Combine the shaved Brussels sprouts, pears, pomegranates, and pecans in a bowl.
2. To make the dressing, combine all ingredients in a mason jar and shake to emulsify. If necessary add more water to thin the dressing. Season to taste with salt.
3. When ready to serve the salad, drizzle the dressing over the salad ingredients and toss to combine.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>308</b>	<b>Total Fat</b> 18.7g	28%	<b>Total Carbohydrates</b> 34g	11%
		Saturated Fat 2.4g	11%	Dietary Fiber 10g	40%
		Trans Fat 0.0g		Total Sugars 15g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 8g	
		<b>Sodium</b> 92mg	4%		
Vitamin D 0mcg 0% · Calcium 121mg 12% · Iron 3mg 15% · Potassium 802mg 17%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.