

Shredded Brussels Sprouts, Citrus, & Pomegranate Salad

Recipe courtesy of Lisa Markley, Director of Culinary Medicine | AdventHealth Whole Health Institute

This light and festive salad will add some colorful flair to your holiday table.

Prep time: 15 minutes

Serves 4-6

Ingredients

- 4 cups shaved Brussels sprouts
- 1/3 cup extra-virgin olive oil
- 3 tablespoons champagne vinegar (or sub apple cider vinegar)
- 1 tablespoon fresh lemon juice
- 2 tablespoons honey
- 1 ½ teaspoons Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 orange peeled and sliced into horizontal rounds
- ½ cup pomegranate arils (or sub dried cranberries)
- ½ cup toasted hazelnuts or pecans
- ⅓ cup grated parmesan cheese or crumbled feta, optional

Preparation

1. Trim off the stem from bottom of each Brussel sprout and remove any outer leaves that are damaged or blemished. Thinly slice the Brussels sprouts using a mandoline or the slicing blade on a food processor. Or you can thinly slice them by hand, but it will take a little more time. Place in a medium bowl.
2. In a small bowl, whisk together the olive oil, champagne (or apple cider vinegar), lemon juice, honey, Dijon, salt and pepper.
3. Add the oranges slices, pomegranate arils (or dried cranberries), and hazelnuts or pecans to the Brussels sprouts bowl and toss with dressing to taste.
4. Sprinkle with optional cheese and serve.