



Brussels Sprout Salad with Maple Mustard Dressing

SERVES 4

Ingredients

1 lbs of brussels sprouts

1 medium-large shallot

2 oz goat cheese

1/3 cup of pomegranate seeds or 1 pomegranate

1/2 cup of toasted walnuts

1/4 cup maple syrup

2 Tbsp of apple cider vinegar

1 heaping Tbsp of dijon mustard

2 Tbsp of olive oil

salt and pepper to taste

Instructions

Wash the sprouts and thinly slice them. Place them in a large bowl. Top with the thinly sliced shallot, toasted walnuts, pomegranate seeds and goat cheese, crumbed into pieces.

To mix the dressing, add the syrup, cider vinegar, mustard and olive oil to a bowl with a

sprinkle of salt and pepper. Whisk until it's all combined. Pour over the salad and toss.

*If you're working with a fresh pomegranate, the easiest way to get the seeds out is to cut it in half and using a spoon, whack the skin of the pomegranate over a bowl and the seeds will pop out.