

# SHAVED BRUSSELS SPROUTS SALAD WITH CRANBERRIES AND CANDIED WALNUTS

(MAKES 6 SERVINGS, APPROX. 1½ CUPS EACH)

TOTAL TIME: 10 MIN.  
PREP TIME: 10 MIN.  
COOKING TIME: NONE



## FOR DRESSING:

- 1** large shallot, thinly sliced
- ½ cup** apple cider vinegar
- 3 Tbsp.** Dijon mustard
- 2 Tbsp.** olive oil
- 1 Tbsp. + 1 tsp.** pure maple syrup
- 1** medium lemon, juiced
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 1 Tbsp.** water (optional)

## FOR SALAD:

- 2 bags (10-oz. each)** shaved brussels sprouts, roughly chopped (or equivalent whole brussels sprouts, thinly sliced)
- ¼ cup** unsweetened dried cranberries, chopped
- ¼ cup** Candied Walnuts (*see separate Mindset Membership recipe for Sweet Spinach Salad with Candied Walnuts*)

- 1.** To make dressing, add shallot and vinegar to a large serving bowl; let soak for 2 minutes. Remove shallot from vinegar; set aside.
- 2.** Add mustard, oil, maple syrup, lemon juice, salt, and pepper to vinegar; whisk to combine. Add water (if desired) to thin as needed. Transfer half of the dressing to an airtight container; reserve for another recipe.
- 3.** Add brussels sprouts, cranberries, shallot, and candied walnuts to bowl. Toss gently to coat.

## Tips:

- This recipe makes twice the amount of dressing needed. Refrigerate unused portion in an airtight container for up to 1 week. Use as a tangy accessory for any meal.
- If you like softer veggies, you can sauté the brussels sprouts in a large pan coated with nonstick cooking spray until cooked to your liking before tossing with the other ingredients.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **ND** icon indicate the recipes are not made with dairy ingredients.

Recipes containing the **QE** icon are designed to be made in less than 15 minutes and require little to no cooking.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

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