

## Brussels Sprouts Salad With Citrus Vinaigrette

Prep time: 20 minutes

Cook time: 15 minutes

Total time: 35 minutes

Serves 8

### INGREDIENTS

For the Salad:

$\frac{2}{3}$  cup sliced, chopped or blanched almonds

6 slices bacon (6 oz)

1 1/2 lb. (24 oz) raw Brussels sprouts, shredded or substitute thinly sliced green and red cabbage

1 cup thinly sliced red onion (1 medium onion)

$\frac{2}{3}$  cup raisins

4 oz. soft goat cheese, crumbled

For the Citrus Vinaigrette:

1/2 cup extra virgin olive oil

Zest and juice of 1 medium orange (about 1 teaspoon zest and 1/3 cup juice)

Juice of 1 medium lemon (about 3 Tablespoons)

1 small shallot (3 oz), minced (may substitute 1 Tablespoon minced garlic)

2 teaspoons pure maple syrup (or pure honey)

2 teaspoons fresh thyme (or 1/2 teaspoon dried thyme)

1 teaspoon Dijon mustard

Sea salt and black pepper to taste

### INSTRUCTIONS

1. Start by toasting the almonds: Place a small skillet over medium heat. When hot, add the almonds and cook, stirring often, until they are golden and give off a toasted aroma, 6 to 8 minutes. Transfer the almonds to a plate to cool.
2. Wipe the same skillet clean and place it over medium-high heat. When hot, add the bacon and cook until crisp, 2 to 3 minutes per side. Remove the bacon to a paper-towel lined plate. Let cool, then roughly chop into pieces and set aside.
3. In a large bowl, combine the shredded Brussels sprouts, red onion, raisins, chopped bacon, and almonds.
4. In a small bowl or jar with a tight-fitting lid, mix together the vinaigrette ingredients.



5. Before serving the salad, re-stir and pour the vinaigrette over the salad; toss well to coat. Add the goat cheese and toss gently to distribute.

#### NOTES

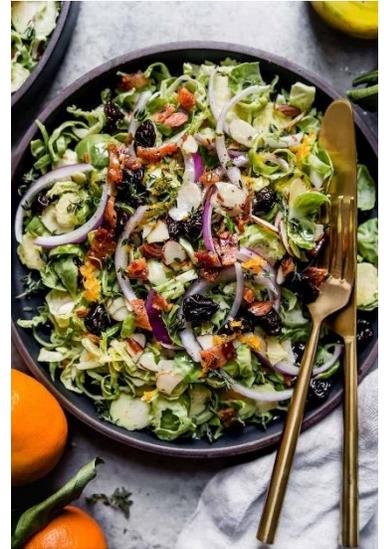
1. For nut free, substitute sunflower or pumpkin seeds for the almonds
2. If you don't have a mandolin, you can use a food processor with the shredding blade to shave them all quickly.
3. Omit the goat cheese for a dairy-free version
4. The salad ingredients and dressing can be prepped up to 3 days ahead and stored in separate containers; toss together before serving. Add the goat cheese just before serving. Salad leftovers can be stored in the fridge for up to 3 days.

#### Grocery List for 30 servings

7.5 oz of sliced almonds (assumes 3 oz per cup) 1 oz per 3-4 group  
Approximately 22 slices of bacon (assumes 1 slice = 1 oz) 3 oz per 3-4 group  
90 oz = 5.6 lb. of Brussels sprouts 12 oz per 3-4 group  
4 medium red onions ½ onion per 3-4 group  
2.5 cups approximately 14 oz of raisins 2 oz per 3-4 group  
15 oz goat cheese, crumbles 2 oz per 3-4 group  
2 cups extra virgin olive oil 3 oz per 3-4 group  
4 medium fresh oranges 1 orange per 3-4 group  
4 fresh lemons 1 lemon per 3-4 group  
4 (12 oz) fresh shallots 1 shallot per 3-4 group  
2.5 Tbsp of maple syrup 1 tsp per 3-4 group  
2.5 Tbsp of fresh thyme 1 tsp per 3-4 group  
4 tsp of Dijon mustard ½ tsp per 3-4 group

#### Nutrient Analysis per serving:

Calories 427  
Total fat 30g  
Saturated fat 6.8g  
Trans fat 0g  
Cholesterol 31mg  
Sodium 467mg  
Total CHO 27g  
Fiber 5g  
Sugars 11g  
Added sugars 0g  
Vitamin D 0 IU  
Calcium 87mg



Iron 1mg

Potassium 133mg

Protein 15g

<https://therealfooddietitians.com/brussels-sprouts-salad/>

Brussels sprouts are part of the Brassica family of vegetables, also known as cruciferous vegetables, with other members being cabbage, broccoli rabe, cauliflower and the dark leafy greens kale, collard greens, arugula and mustard to name a few.

The star of this show is the Brussels sprout packing high amounts of vitamin K1, important for the blood clotting cascade, and vitamin C, an important antioxidant. As with all cruciferous vegetables, Brussels have sulfur containing compounds, some of which have anticancer properties. The sulfur containing compounds also give cruciferous vegetables their slightly bitter taste. They also contain an admirable amount of fiber to help keep your digestive system running smoothly and give your colonic bacteria some needed food (probiotic) which they ferment into SCFA (butyrate, propionate, acetate), a primary energy source for your intestinal cells.