

Recipe

Brussels Sprout Salad

The Salad

1 cup walnuts, chopped
Brussels sprouts, trimmed, halved & thinly sliced
Arugula or lettuce, leaves thinly sliced
Coarsely grated or chopped Parmigiano Reggiano

The Dressing

Use your favorite lemony-mustard vinaigrette.

Pre-heat oven to 350°. Bake walnuts for 5-8 minutes, until toasted. Keep an eye on them; they burn quickly. Toss the brussels sprouts with your dressing. Add most of the walnuts and cheese, reserving some for garnish and toss well. Let the salad sit at room temperature for at least 30 minutes (or up to a few hours in the fridge) to allow the flavors to meld and the brussels sprouts to soften. When ready to serve, add the greens. Adjust seasoning and serve at room temperature.

Recipe adapted from: www.onceuponachef.com



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