

Salt and Serenity

Virtuous Green Slaw

This recipe was adapted slightly from Sue Riedel's original recipe, published in the Feb 5, 2014 issue of the Globe and Mail newspaper.

Serves 4

Dressing:

1 shallot, finely chopped
¼ cup freshly squeezed lemon juice
1 teaspoon honey
1 tablespoon grainy Dijon mustard
¼ cup extra virgin olive oil
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

Salad:

1 5-ounce box of baby kale *
16 Brussels sprouts
1 Honeycrisp or Granny Smith apple
1/3 cup toasted hazelnuts, coarsely chopped
¼ cup Parmesan Cheese, shaved from a block of Parmesan. (a vegetable peeler works well for this job)

1. Combine all dressing ingredients into a glass jar. Shake well to combine and set aside.
2. Coarsely chop baby kale. Place into large serving bowl.
3. Cut stems off the Brussels sprouts. Then cut sprouts in half vertically and slice each half thinly into strips. Place the sprouts into the serving bowl.
4. Cut apple into matchstick size pieces. Add to bowl.
5. Add half the dressing to slaw. Toss to combine and taste to see if you think you need more. Garnish slaw with hazelnuts and Parmesan shavings.

*If you can't find baby kale, use half a bunch of regular curly kale instead. Wash kale, remove tough center ribs and stems. Slice kale into thin strips.

