

Salt and Serenity

Kale, Brussels Sprouts, and Apple Salad

The vinaigrette recipe is [from thecozyapron.com](http://fromthecozyapron.com)

The recipe makes more spiced nuts and vinaigrette than you will need for this recipe, but the nuts will keep in an airtight container at room temperature for several weeks and the dressing will last for a few weeks in the fridge.

You could just get store-bought spiced/candied nuts for this, but if you have time, the homemade ones are delicious.

Serves 4

Spiced Mixed Nuts:

3 tablespoons sugar

1 teaspoon sumac

1 teaspoon Aleppo pepper

$\frac{3}{4}$ teaspoon Diamond Crystal Kosher salt

1 egg white, lightly beaten

120 grams (1 $\frac{1}{4}$ cups) walnut halves

150 grams (1 $\frac{1}{4}$ cups) shelled pistachios

Spiced Apple Cider Vinaigrette:

$\frac{1}{4}$ cup apple cider vinegar

2 Tablespoons honey

2 tablespoons spiced mixed nuts

$\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon black pepper

$\frac{1}{4}$ teaspoon kosher salt

pinch cumin

pinch curry powder

$\frac{1}{2}$ cup grapeseed or canola oil

Salad:

1 large bunch black (Lacinato) kale

450 grams (about 15 large) Brussels Sprouts

1 Lucy or Honeycrisp apple, peeled, sliced, and cut into long julienne strips

112 grams Gouda cheese, cut into julienne long strips

$\frac{1}{2}$ cup spiced nuts

1. Make spiced nuts: Preheat oven to 350°F. In a small bowl, mix sugar, sumac, Aleppo pepper, salt and set aside.
2. In a medium sized bowl lightly beat egg white with a whisk until frothy. Add walnuts and pistachios and toss until evenly coated. Add spice mixture and toss until well coated. Spread evenly on parchment lined baking sheet and bake in preheated oven for about 12-15 minutes, until mixture is no longer sticky. Remove from oven and allow to cool thoroughly. Break apart nut clusters and store in airtight container at room temperature.
3. Make vinaigrette: Place all the vinaigrette ingredients, except for the oil, into a blender or food processor. Process until everything is combined and smooth. With the blender or

processor running, slowly drizzle the oil through the top and continue blending until dressing is smooth and emulsified.

4. Wash kale leaves, strip the leaves off the stems and stack them up, in a pile, on top of each other. Roll the stack of leaves, like a cigar. Hold the “cigar” with your non-cutting hand, and using a sharp knife in your other hand, thinly slice kale into very fine strips. Place sliced kale in large mixing bowl.
5. Cut stem off Brussels sprouts and cut each one in half lengthwise. Slice each half into thin strips. You could also slice sprouts with the slicing blade of the food processor. Add sliced sprouts to bowl with kale.
6. To the bowl of kale and Brussels sprouts, add julienned apples and cheese. Toss with a few tablespoons of dressing. Taste and add more dressing or salt and pepper if needed. Transfer to a serving platter or bowl. Scatter about ½ cup of spiced nuts on top of salad. Serve.