

Apple, Date, and Brussels Sprouts Salad

Instructions

1. Make the salad dressing by adding olive oil, maple syrup, apple cider vinegar, salt, pepper, and the juice of one orange to a small bowl and whisk until combined.
2. Cut the stems off of the Brussels sprouts and slice them thinly with a sharp knife or a food processor.
3. Cut the stems off of the kale leaves and chop the leaves into bite-sized pieces.
4. Add the sliced Brussels sprouts and kale to a large salad bowl. Add half of the dressing to the bowl and massage the kale and Brussels sprouts for 3-4 minutes.
5. Chop the onion, apple, and dates into small pieces and add them to the salad mix.
6. Toast the nuts by baking for 3-4 minutes or toast them in a pan on the stovetop for 3-4 minutes.
7. Before serving the salad, add the toasted nuts, drizzle the remaining dressing, mix all of the salad ingredients together, and enjoy.
8. The salad is best served fresh, and you can half the recipe to only make 2-3 servings.

Ingredients

- 4 tablespoons of olive oil
- 2 tablespoons of maple syrup
- 2 tablespoons of apple cider vinegar
- Salt and pepper, to taste
- 1 orange, juiced
- 4 cups of Brussels sprouts
- 2 cups of kale
- 1/2 of an onion, finely diced
- 1 medium-sized apple
- 4 dates
- 1/2 cup of toasted nuts (e.g., pecans or walnuts)

Grocery List

Produce

- Orange
- Brussels sprouts
- Kale
- Onion
- Apple
- Dates

Pantry

- Olive oil
- Maple syrup
- Apple cider vinegar
- Salt and pepper

Other

- Nuts (e.g., pecans or walnuts)