

Brussels Sprouts Salad with Apples, Pecans and Manchego

Cooking class with Phillis Carey, Nov. 2019



- 1 pound brussels sprouts, trimmed
- 3 Ambrosia apples, or other sweet, crisp apple
- 1/4 cup fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 8 slices thick-cut bacon, cut into 1/2-inch pieces
- 1 large clove garlic, finely chopped
- 4 teaspoons dijon mustard
- 3 tablespoons red wine vinegar
- Salt and pepper
- 3/4 cup pecan halves, toasted and chopped
- 3 ounces manchego cheese, shaved or grated

Per Serving (excluding unknown items): 139 Calories; 12g Fat (68.9% calories from fat); 3g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 53mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 8

NOTE: Don't not add the EVOO to the dressing - the salad needs it.

1. Using a food processor fitted with a slicing attachment (use the 3mm one if you have it), thinly slice the brussels sprouts by placing them into the feed tube stem end down (standing up like trees).
2. Core and coarsely chop the apples. In a bowl, toss the apples with 2 tablespoons lemon juice.
3. In a large skillet, heat the olive oil over medium heat. Add the bacon and cook until crisp, about 5 minutes. Using a slotted spoon, transfer the bacon to a plate. Add the garlic to the remaining fat in the pan and cook, stirring, for 1 minute. Whisk in the mustard, remaining 2 tablespoons lemon juice and the vinegar; season to taste with salt and pepper.
4. In a large bowl, combine the brussels sprouts, apples, pecans and cheese. Toss with the bacon and warm vinaigrette. Make this salad just before serving as the bacon fat will congeal if left to sit - it needs to be served warm.