

Farmgirl Susan's Brussels Sprouts Salad with Lemon, Romano, and Caper Dressing

Farmgirl Fare blog

<http://www.farmgirlfare.com/2011/12/recipe-shredded-raw-brussels-sprouts.html>



Servings: 8

DRESSING: (makes a little over 1 cup):

1/2 cup extra-virgin olive oil

1/4 cup lemon juice

2 tablespoons water

1/2 teaspoon lemon zest, finely grated

1 tablespoon capers (no need to rinse)

1 teaspoon fresh garlic, chopped (1 to 2)

1 ounce Pecorino Romano cheese

(about 1/2 cup) finely grated

1/4 teaspoon salt

Several grinds of fresh black pepper

SALAD:

1 pound brussels sprouts, any yellow or funky outer leaves removed and core ends trimmed

1 ounce Pecorino Romano cheese

(about 1/2 cup) freshly grated

1/2 cup chopped fresh chives or finely chopped scallions (green parts only)

Salt and freshly ground pepper to taste

Organic lemon juice or lemon wedges for serving

Chopped fresh chives (or scallions) for garnish

Optional additions: 2/3 cup dried cranberries, raisins or roasted/salted almonds, or a cup of rinsed & drained garbanzo beans, or a combination of any of those.

Notes: The basic version of this salad is wonderful, but usually Susan gussies it up with a boost of either raisins and roasted almonds or dried cranberries and garbanzo beans (chickpeas). The dressing tastes even better when made ahead of time, and the salad benefits from being tossed together a few hours in advance. The next day it still tastes great but it isn't quite as pretty. A squeeze of lemon just before serving adds a perfect zip, or offer lemon wedges on the side. Fresh chives are a luxurious, easy to grow treat, but finely chopped scallions are a fine substitute. Makes about 5½ cups without any optional additions—Recipe may be doubled.

1. DRESSING: Place all the ingredients in the jar of a counter top blender and blend until thoroughly combined. This dressing will keep in the refrigerator for several days. If not using immediately, whisk with a fork before pouring over the salad.

2. Shred the brussels sprouts in a food processor using the slicing blade (not the one with the holes). Or you can thinly slice them with a sharp knife or mandoline slicer. If the sprouts are really large, halve and remove the core.

3. In a large bowl, toss together the brussels sprouts, Pecorino Romano, and chives. Add about 3/4 cup of the dressing and mix well. Salt and pepper to taste, adding a little more dressing and/or any of the optional additions listed if desired. Garnish with chopped fresh chives and a squirt of lemon juice.

She says she eats this morning, noon or night, and sometimes in the middle of the night.

Per Serving (excluding unknown items): 176 Calories; 16g Fat (77.5% calories from fat); 5g Protein; 6g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 221mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.