



Brussels Sprouts and Arugula Salad with Dijon-Maple Vinaigrette

“Brussels sprouts have a bad reputation, but when prepared correctly, they are delicious. Try adding them to a salad to introduce them to your kids in a less scary way!”

Dressing Ingredients

2 tsp Dijon mustard
1 tbsp maple syrup
3 tbsp apple cider vinegar
1/4 cup extra-virgin olive oil
Kosher salt and coarsely ground black pepper

Salad Ingredients

1 lb Brussels sprouts
2 cups of arugula
1 head of endive, chopped
1/2 c sliced almonds
1/3 cup grated Romano cheese
Kosher salt and coarsely ground black pepper

Directions, for the dressing

1. Whisk together the mustard, maple syrup, and vinegar until combined.
2. Slowly add the olive oil, while whisking continuously.
3. When it emulsifies, season with kosher salt and black pepper.

Directions, for the salad

1. Bring a pot of salted water to a boil.
2. Using a sharp paring knife, remove the outer leaves from the Brussels sprouts (save the cores for another time - you can use them in vegetable stock or soup).
3. Add the Brussels sprouts to the boiling water and cook for 1-2 minutes.
4. Remove from pot and shock by putting directly into a bowl of ice water.
5. Drain and add to a large salad bowl.
6. Put the rest of the salad ingredients in the bowl.
7. Season with kosher salt and black pepper, to taste.
8. Add dressing and toss well.

Recipe by *Family Day* Chef Melissa Buchbinder: thepinkaproncatering.blogspot.com

