

Thanksgiving Salad

(Brussel Sprout, Kale, Apple, Date, and Nut Salad with Cider Vinaigrette)

adapted from Minimalist Baker

*Color, texture, flavor, and fresh seasonal ingredients (except for the dates)
make for a easily adaptable and always yummy salad.)*



Dressing

Ingredients:

- 4 tablespoons oil (avocado, olive, or any vegetable oil)
- 2 ½ tablespoons apple cider vinegar
- 2 tablespoons maple syrup
- ¼ teaspoon salt
- 2 tablespoons finely minced shallot (optional but adds another depth of flavor)

Preparation:

- Mix all ingredients in a jar with a lid. Shake then chill until needed.

Salad

Ingredients:

- ¾ lb. brussel sprouts (about 4 cups), about ⅛" to ¼" of bottom core sliced off, halved, then thinly sliced
- 2 cups dino (lacinato) kale- washed, patted dry, and chopped fairly fine or use 6 cups of brussel sprouts if you prefer)
- 1 apple, washed, halved, cored, and chopped into fingernail-sized pieces, pink lady apples are especially pretty (Keep the peel on for color and texture.)
- ½ cup chopped, pitted dates
- ¼ cup chopped, lightly toasted nuts (hazelnuts, pecans, pumpkin seeds etc.)-see *first step for toasting instructions*

Preparation:

- Toast nuts either on the stovetop in a dry pan for 5-8 minutes, shaking frequently and staying close by until they smell fragrant OR bake in a 350° oven in a single layer until toasty 12-15 minutes. Cool, then chop into small pieces, not powder.
- Combine prepared brussel sprouts, kale, apple, dates in a salad bowl, tossing so dates are evenly distributed throughout the salad.
- Chill until ready to serve. Just before serving, sprinkle with nuts and dressing. Serve immediately.