



FUSTINI'S[®]

Kale and Brussels Sprouts Salad

Ingredients

- 1/4 cup [Fustini's Thyme balsamic](#)
- 2 tablespoons Dijon mustard
- 1 tablespoon minced shallot
- 1 teaspoon minced garlic
- salt and pepper to taste
- 2 large kale bunches, washed, center stems discarded, leaves thinly sliced
- 2 cups Brussels sprouts, trimmed, shredded with a knife
- 1/2 cup [Fustini's Meyer Lemon olive oil](#), divided
- 1/3 cup almonds, coarsely chopped
- [Fustini's Pyramid Flake salt](#)
- 1 cup Parmesan cheese, finely grated

Sharon's Hint

Delicious as a first-course dinner dish or a hearty lunch entree.

Directions

Step 1.

Combine balsamic, mustard, shallot, garlic, salt and a pinch of pepper in a small bowl. Whisk to blend and set aside to let flavors meld.

Step 2.

In a large bowl, mix together kale and Brussels sprouts. Heat 1 tablespoon of olive oil in a small skillet over medium-high heat. Add almonds and stir frequently until golden brown in spots, about 2 minutes. Transfer almonds to a paper-towel-lined plate and sprinkle lightly with Pyramid Flake salt.

Step 3.

To finish dressing, slowly whisk remaining Meyer Lemon olive oil into the reserved balsamic mixture. Season to taste with salt and pepper. Add dressing and cheese to kale and Brussels sprouts mixture. Season lightly with Pyramid Flake salt, toss and garnish with toasted almonds.