

Brussels Sprouts Salad with Bacon and Apple Vinaigrette

Recipe by Michele Rosen, @PaleoRunningMomma

This shredded brussels sprouts salad is loaded with so many delicious things! Sweet chopped apples, crispy bacon, toasted hazelnuts, and a sweet tangy apple vinaigrette.

10 SIDE DISH SERVINGS

VINAIGRETTE INGREDIENTS:

- **3 Tbsp apple juice**
- **3 Tbsp apple cider vinegar or lemon juice**
- **1 Tbsp mustard, brown or dijon**
- **1 ½ Tbsp date paste or syrup (Honey or pure maple syrup would work as well.)**
- **½ tsp cinnamon**
- **½ tsp onion powder**
- **½ cup light olive oil or avocado oil**
- **Sea salt and black pepper to taste**

SALAD INGREDIENTS:

- **1 lb brussels sprouts raw, shredded**
- **8 slices bacon**
- **1 Tbsp rendered bacon fat**
- **2/3 cup hazelnuts chopped, or nuts of choice**
- **Sea salt for nuts**
- **1 medium apple, chopped**
- **2 tsp lemon juice**
- **½ cup dried cranberries**

DIRECTIONS

1. Have all the ingredients prepped and ready to go before beginning.
2. Heat a large skillet over medium high heat, add bacon pieces. Cook until crisp, stirring to evenly brown, then remove with a slotted spoon to drain on paper towels. Save the bacon fat.
3. Place shredded brussels sprouts in a large bowl and toss with bacon and 1 Tbsp rendered bacon fat.
4. Meanwhile, heat the same skillet over medium heat and add the nuts. Sprinkle with sea salt. Cook 3-5 minutes, stirring, until toasty. Careful not to burn them.
5. Toss the nuts with the sprouts and bacon, then add the chopped apples. Sprinkle with lemon juice, then add the cranberries and toss.
6. To make the dressing, place all ingredients except for salt and pepper in a tall jar. Cover jar with lid and shake vigorously to combine. Taste, then add salt and pepper.
7. Toss about half the dressing with the salad, leaving the rest to serve with as extra. Serve and enjoy!

*This salad can be dressed ahead of time and even tastes better leftover, since the brussels sprouts are so hearty. You can dress the salad before serving as well.