

Brussels Sprout Slaw with Apples and Walnuts

by Amy Sherman



This brussels sprout salad recipe is perfect for lovers and haters of the little cabbage-looking sprout. The flavor is so mild, that it barely has any cabbage flavor. Because the brussels sprouts are shredded, guests might not even know they are the basis for the dish. Sweet apples and toasted nuts add complexity and crunch. It's a nice balance of sweet, salty, crunchy, tangy with just a touch of richness from the walnuts and the oil.

Brussels sprout slaw is yet another recipe that was created out of "whatever was in the house." I will admit, laziness that keeps me from going to the store in turn inspires new recipes on a regular basis. In this case I had one apple and a bag of brussels sprouts. Back from a weekend out of town, I had no desire to go shopping. My original plan was to roast or saute them, but raw was a refreshing change from the expected. You could probably slice the brussels sprouts very thinly with a knife, but it's much easier to do in a food processor or with a mandolin. You do have a mandolin, right? Cheap Japanese ones are fine, just watch your fingers!

I've seen a number of brussels sprout salads, but very few of them are raw. I hope you will try a raw brussels sprout salad, mine or one of the others listed below. They are delicious and make a great side dish. I served mine as a side to spaghetti alla carbonara but it would go with any kind of roasted meat or chicken, fish, you-name-it. As with all recipes, adjust the seasonings to your taste.

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1/2 lb brussels sprouts
1 green apple
2 green onions, white and pale green part only
2 Tablespoons apple cider vinegar
1/4 cup olive oil (or walnut oil)
1/2 teaspoon kosher salt
1 teaspoon Dijon style mustard
Freshly ground black pepper
1/2 cup walnuts, chopped and toasted

Shred the brussels sprouts using a mandolin or shredding blade in a food processor. Thinly slice the apple, then cut each slice into matchsticks. Thinly slice the green onions and toss with the shredded brussels sprouts and apple pieces. In a small bowl combine the cider vinegar, olive oil, salt and Dijon mustard. Toss the dressing with the salad, season with freshly ground pepper to taste and gently add the toasted walnuts. Allow to rest a room temperature for at least 20 minutes before serving.

Enjoy!

Amy Sherman is a San Francisco–based writer, recipe developer, restaurant reviewer and all around culinary enthusiast. She blogs for [Epicurious](#) , [Bay Area Bites](#) and [Cooking with Amy](#)
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