



Shaved Brussels Sprouts Salad

Prep Time 15 mins
Total Time 20 mins
Meal Type Lunch,Side
Contributed By



Source Living Plate Teaching Kitchen

Servings 6



For the Salad

Ingredients

lb,c g,ml

- 2 lb Brussels sprouts, *shaved*
- 2 pears, *chopped*
- 1 cup pomegranate arils (1 small pomegranate)
- 1/3 cup pecans, raw, *roughly chopped*

Directions

Prep

1. Using a food processor, shave the Brussels sprouts.
2. Seed the pomegranate (if necessary).
3. Roughly chop the pecans.
4. Chop the pears.

Creamy Tahini Dressing

Ingredients

lb,c g,ml

- 1/4 cup olive oil
- 1/4 cup tahini
- 1 lemon, *juiced* (for 1/2 Tbs juice)
- 2 tsp Dijon mustard
- 2 tsp maple syrup
- 2 Tbs cold water
- salt, *to taste*
- black pepper, *to taste*

Directions

Make

1. Combine the shaved Brussels sprouts, pears, pomegranates, and pecans in a bowl.
2. To make the dressing, combine all ingredients in a mason jar and shake to emulsify. If necessary add more water to thin the dressing. Season to taste with salt.
3. When ready to serve the salad, drizzle the dressing over the salad ingredients and toss to combine.

Notes

For a heartier salad add your favorite whole grain or quinoa.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a
	Total Fat 18.7g	28%	Total Carbohydrates 34g	11%	
Saturated Fat 2.4g	11%	Dietary Fiber 10g	40%		

Calories per serving	308	<i>Trans Fat</i> 0.0g	<i>Total Sugars</i> 15g	nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
		Cholesterol 0mg	0%		
		Sodium 92mg	4%		Protein 8g
		Vitamin D 0mcg 0% · Calcium 121mg 12% · Iron 3mg 15% · Potassium 802mg 17%			

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