

Shaved Brussels Sprouts Salad with Lemon-Chile Vinaigrette & Toasted Hazelnuts

Courtesy of: *Eating Well*



Makes: 6 servings- 1 ⅓ c

Ingredients:

- 1 teaspoon finely grated lemon zest
- 2 tablespoons lemon juice
- 1 tablespoon honey
- ½ teaspoon crushed red pepper
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 1¼ pounds Brussels sprouts, stem ends trimmed and outer leaves removed
- 1 cup very thinly sliced red onion
- ½ cup chopped hazelnuts, toasted (see Tip*)

Preparation:

- Combine lemon zest, lemon juice, honey, crushed red pepper, salt and pepper in a large bowl. Whisking continuously, slowly drizzle in oil until all of it is incorporated and the mixture is thickened.
- Shred Brussels sprouts in a food processor fitted with the slicing disk. Transfer to the bowl. Add onion and hazelnuts and gently toss to combine.

*Toasting nuts deepens the flavor and gives them a crisp, delightful crunch. To toast nuts, spread in a single layer in a small baking pan and bake in a 350°F oven until golden and fragrant, 5 to 7 minutes, stirring the nuts or shaking the pan once. Transfer to a small bowl or plate to cool. (When toasting hazelnuts, rub the nuts with a clean kitchen towel as soon as they come out of the oven to remove as much of the papery skin as possible.)

Nutrition Per serving: 201 calories; 15g fat, 14g carbs; 5g protein; 216 mg sodium

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