

Shredded Brussels Sprouts and Kale Salad

<http://userealbutter.com/2015/01/21/shredded-brussels-sprouts-kale-salad-recipe/>
slightly modified from [Bon Appétit](#)

8 oz. fresh kale, washed (original recipe calls for Lacinato or Tuscan kale, but I like curly kale)
16 oz. Brussels sprouts
1/4 cup lemon juice, fresh squeezed
2 tbsps Dijon mustard
1 tbsp shallot, minced
1 small clove garlic, finely grated
1/2 tsp kosher salt
black pepper, freshly ground
1/2 cup olive oil
1 cup Pecorino, finely grated
1/2 cup sunflower seeds, toasted
1/2 cup pumpkin seeds (pepitas), toasted

Using a sharp paring knife, strip the leaves of the kale from the center stem. Shake off any excess water from the leaves and roll several into tight wad. Chiffonade the kale (slice into thin ribbons). Continue in batches until all of the kale is shredded. Place the kale in a large bowl. Trim the Brussels sprouts as needed. I like to trim the base and then peel away any wilted or browned outside leaves. Using a sharp knife, thinly slice the sprouts and add them to the kale. Combine the lemon juice, mustard, shallot, garlic, kosher salt, and black pepper in a small bowl. Whisk a thin stream of the olive oil into the dressing until it is incorporated. Toss the dressing with the shredded kale and Brussels sprouts. Add the Pecorino, sunflower seeds, and pumpkin seeds to the salad and toss together. Serves 8.