

Shredded Brussels Sprouts Salad

<http://userealbutter.com/2012/12/12/shredded-brussels-sprouts-salad-recipe/>
from *A Thought for Food*

2 lbs. Brussels sprouts
1 cup (3 1/2 oz.) walnuts, lightly toasted
1/4 cup Pecorino, grated or crumbled
1/4 – 1/2 cup fresh lemon juice
2 tbsps whole-grain mustard
1/4 – 1/2 cup olive oil
salt to taste
freshly ground black pepper to taste

Trim off any old outer leaves and woody stem ends from the Brussels sprouts. To shred the sprouts you can 1) run the sprouts through a food processor fitted with the thin slice or shredding disc 2) slice them using a mandoline or 3) carefully slice the sprouts thin by hand with a knife. Place the shredded sprouts in a large bowl. Crumble the walnuts by hand into the bowl of shredded Brussels sprouts. Add the Pecorino cheese to the bowl. In a smaller bowl, combine the mustard with the lemon juice (use more if you prefer a stronger, more acidic dressing). While whisking the mustard and lemon juice together, pour a thin, steady drizzle of the olive oil into the bowl until the dressing reaches the desired taste and consistency. Pour the dressing over the salad. Season with salt and pepper to taste. Toss the salad. Serves 6-8.