



Kale and Brussel Sprouts Salad

Jean served this tasty salad at our Tastee Luncheon on January 23, 2019.

1 bunch kale	½ c olive oil
1 lb Brussels sprouts	¼ c apple cider vinegar
6 oz pkg dried cranberries	1 t dry mustard
8 oz chopped toasted pecans	4 T maple syrup

Shred or chop Brussels sprouts and kale as thinly as possible.

Add pecans and dried cranberries.

Mix together oil, vinegar, mustard, and maple syrup for dressing.

Toss salad with dressing until fully coated.

Set in fridge at least 4 hours or overnight.