

COOKING FOR WELLNESS

Apple, Fig, & Brussels Sprouts Salad

Ingredients

- 2 tablespoons white balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 tablespoon minced shallot
- ¼ teaspoon salt
- Ground pepper to taste
- ¼ cup extra virgin olive oil
- 8 cups baby kale and/or frisee
- 1 head Belgian endive, leaves separated
- 1 cup very thinly-sliced brussels sprouts
- 1 small red apple, thinly sliced
- 1/3 cup toasted walnuts
- 4 fresh figs, halves or quartered if larger
- ¼ cup pomegranate seeds
- 2 tablespoons dried cranberries



Instructions

1. Whisk vinegar, mustard, shallot, salt and pepper in a small bowl. Whisk in oil until well combined.
2. Combine kale (and/or frisée), endive, Brussels sprouts, apple, and walnuts in a large bowl. Drizzle with the dressing and toss to coat. Add a generous grinding of pepper. Top with figs, pomegranate seeds and dried cranberries.



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Tips

To make ahead: Refrigerate dressing (Step 1) and salad (Step 2) separately for up to 4 hours; toss together just before serving.

Nutrition Facts:

Serving Size:

about 2 cups each

Per Serving:

248 calories; protein 3.6g; carbohydrates 23g; dietary fiber 5.2g; sugars 15g; fat 17.2g; saturated fat 2.1g; vitamin a iu 2788.2IU; vitamin c 46.6mg; folate 71.7mcg; calcium 77.4mg; iron 1.2mg; magnesium 41.5mg; potassium 434.3mg; sodium 173.5mg; thiamin 0.1mg; added sugar 2g.

Exchanges:

1 fruit, 1 vegetable, 3 fat

Recipe from Eating Well:

<https://www.eatingwell.com/recipe/255761/apple-fig-brussels-sprouts-salad/>



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