

Shaved Brussels Sprout Salad

Prep Time 15 mins
Total Time 20 mins

Meal Type Lunch, Side

Contributed By



Source From [Living Plate](#)

Servings 6



For the Salad

Ingredients

lb,c g,ml

- 2 lb Brussels sprouts, *shaved*
- 2 pears, *1/4" slices*
- 1 cup pomegranate arils (1 small pomegranate)
- 1/3 cup pecans, raw, *roughly chopped*

Directions

Prep

1. Using a food processor, shave the brussel sprouts.
2. Seed the pomegranate (if necessary).
3. Roughly chop the pecans.
4. Slice the pears.

Creamy Tahini Dressing

Ingredients

lb,c g,ml

- 1/4 cup olive oil
- 1/4 cup tahini
- 1 lemon, *juiced* (for 1/2 Tbs juice)
- 2 tsp Dijon mustard
- 2 tsp maple syrup
- 2 Tbs cold water
- salt, *to taste*
- pepper, *to taste*

Directions

Make

1. Combine the shaved brussel sprouts, pears, pomegranates and pecans in a bowl.
2. To make the dressing, combine all ingredients in a mason jar and shake to emulsify. If necessary add more water to thin the dressing. Season to taste with salt.
3. When ready to serve the salad, drizzle the dressing over the salad ingredients and toss to combine.

Notes

For a more hearty salad add your favorite whole grain.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition
Facts

Calories 308

per serving

Amount/serving	% Daily Value*
Total Fat 18.7g	28%
Saturated Fat 2.4g	11%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 92mg	4%

Amount/serving	% Daily Value*
Total Carbohydrates 34g	11%
Dietary Fiber 10g	40%
Total Sugars 15g	
Protein 8g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% · Calcium 121mg 12% · Iron 3mg 15% · Potassium 802mg 17%

- Show all nutrients -

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