

Carrot and Brussels Sprout Salad

Serves 6-8

Introduction

Root vegetables are roasted and caramelized, building layers of flavor that match perfectly with wilted kale, cider vinegar, and fresh apples.

Choosing the Right Salt

Morton® Fine Himalayan Pink Salt blends perfectly into this dish's dressing, emboldening the natural flavors in every bite.

Ingredients:

Salad:

3 cups Brussels sprouts, trimmed and cut in half
3 cups carrots, cut on the bias into 1" pieces
1 medium red onion, sliced 1/2" thick
1 large red apple, cut into 1" chunks
2 packed cups kale, ribs removed and torn into pieces
1 tablespoon fresh thyme, chopped
1/4 teaspoon Morton® Coarse Himalayan Pink Salt
Black pepper to taste

Dressing:

1 clove garlic, minced
1/2 tablespoon dijon mustard
1.5 ounces apple cider vinegar
Juice of half a lemon
1.5 ounces extra virgin olive oil
1.5 teaspoons honey
1/8 teaspoon Morton® Fine Himalayan Pink Salt

Instructions

1. Preheat oven to 425 degrees Fahrenheit.
2. In a small bowl, add all ingredients for the dressing and mix until well-combined. Set aside.

3. In a large bowl, combine Brussels sprouts, carrots, onion, thyme, salt and pepper. Toss and coat with 3 tablespoons of the dressing.
4. Arrange vegetable mixture in single layer on baking sheet and roast in oven, top shelf for 10-12 minutes.
5. Remove pan from oven and stir. Return to oven and cook an additional 10-12 minutes or until vegetables are cooked through and lightly caramelized.
6. Remove pan from oven, stir in kale and return to oven for 1-2 minutes. Kale should be lightly wilted, but still very green.
7. Remove pan from oven and transfer veggie mixture to a large bowl and toss with apples and remaining dressing.
8. Serve immediately.

