

Bacon and Brussels Sprout Salad

My husband loves Brussels sprouts. Like, seriously, he could eat them every day, and in any way possible. It's weird, really.

Me, on the other hand, I will eat them, but only in certain ways. I will not eat them steamed or boiled. It's either roasted, fried, or raw for me please.

This salad is a perfect example of how they can be delicious when raw. Combined with bacon, toasted almonds, and a mustardy, citrusy dressing that is To. Die. For. Seriously, you will find yourself licking the spoon when you make the dressing.

The sprouts should be finely shredded for maximum impact. You want them to be able to soak up all that dressing so that every bite is bright and vibrant. Otherwise, you'll find yourself chewing endlessly on kind of flavorless salad. Not good. So if you have a mandolin, now is the time to get it out. A sharp knife will do the trick too.

Serve this with whatever you want, even if you eat this and only this for lunch. Or dinner. Or a snack. It's that good.

Ingredients:

4 slices bacon, cooked and crumbled
1 pound Brussels sprouts, cored and sliced as thin as you can get them
1/2 cup toasted almonds
1/2 cup Ava Jane's Kitchen Avocado Oil
Juice and zest of 1 lemon
Juice and zest of 1 orange
1 teaspoon Dijon mustard
1 clove garlic, minced
1 small shallot, minced
Colima Sea Salt and black pepper, to taste

Directions:

Put the bacon, sprouts, and almonds in a large bowl and toss well.

Make the dressing by putting the remaining ingredients in a jar and shaking vigorously until well combined. Toss with the salad. Eat right away.