

Brussels Sprout-Leaf Salad

Recipe courtesy Giada De Laurentiis



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| Prep Time: | 25 min | Level: | Serves: |
| Inactive Prep Time: | – | Easy | 4 servings |
| Cook Time: | 1 min | | |

Ingredients

Dressing:

- 1/4 cup extra-virgin olive oil
- 1/4 cup freshly lemon juice (from 1 large lemon)
- Kosher salt and freshly ground black pepper

Salad:

- 1 1/2 pounds Brussels sprouts
- 2 cups baby arugula
- 1 head Belgian endive, cut into 1/2-inch pieces
- 1/3 cup sliced almonds, toasted* see Cook's Note
- 1/3 cup grated Pecorino Romano

Directions

Dressing: In a small bowl, whisk together the olive oil and lemon juice until combined. Season with salt and pepper, to taste.

Salad: Using a small paring knife, remove the outer leaves from the Brussels sprouts. Reserve the cores for another use. Bring a large saucepan of water to a boil over medium-high heat. Add the Brussels sprout leaves and cook for 1 minute. Drain and put in a bowl of iced water, then transfer to a colander to drain. Put the Brussels sprout leaves, arugula, endive, and almonds into a large salad bowl. Add the dressing and toss together. Sprinkle with the cheese and serve.

Cook's Note:

*To toast the almonds, arrange them in a single layer on a baking sheet. Bake in a preheated 350 degree F oven until lightly toasted, about 6 to 8 minutes. Cool completely before using.

The unused core of the Brussels sprouts can be used in soups and stir-fries.