

# Kale, Cabbage, and Brussels Sprout Chopped Salad

By Kenzi Wilbur

A superfood salad you can eat with a spoon -- and a reason to get back on the chopped salad bandwagon. You shouldn't stress about chopping technique here -- do what's best for you. It's important that everything is roughly the same size, but it doesn't have to be perfect! (Also, if you'd rather use one kind of kale over two, go for it.) This will yield a heap of salad, and it keeps well, so it's great for potlucks and the like -- just wait to dress it until you get to where you're eating.

Serves 8 to 10 For the greens: :

- 1/2 pound lacinato kale (about one small bunch, or half of a larger bunch)
- 1/2 pound curly kale (about one small bunch, or half of a larger bunch)
- 1 pound Brussels sprouts
- 1 pound green cabbage (about half a medium head or a quarter of a large one)
- 1 tablespoon sugar
- 1 1/2 teaspoon kosher salt

For the dressing: :

- 2 tablespoons plus 2 teaspoons red wine vinegar
- 2 teaspoons whole grain mustard
- 1 teaspoon salt
- 1/4 cup dark brown sugar
- 1 tablespoon Worcestershire sauce
- 1 cup olive oil
- 1 tablespoon hazelnut oil, optional
- 1 tablespoon toasted sesame seeds, for assembly
- 2 tablespoons toasted pistachios, for assembly

1. Wash and spin dry the kale, and then cut it, plus the Brussels sprouts and the cabbage, in small squares, about 1/4-inch by 1/4 inch. For the kale, it works best to rib the leaves, roll them into fat cigars a few leaves at a time, then chiffonade them. Keeping the slices together and uniform, turn them 90° counter clockwise and make even slices lengthwise, about a 1/4-inch apart. (The same method works for the cabbage.)
2. Halve the Brussels sprouts lengthwise, cut each halve in half, and, with them lying cut-side down on the cutting board, slice them like you would an onion. Don't stress about technique too much here -- the important part is that everything is roughly the same size -- if it's easier for you to just chop and mince like you would a pile of herbs, go ahead and do that.
3. Place all chopped vegetables in a large bowl, add sugar and salt, and massage the greens slightly until they

no longer feel raw. This salad will only improve if you do this a few hours ahead of time, but it's not necessary. (At this point, the salad can sit for up to 2 or 3 days. It will lose water, so be sure to drain before continuing on.)

4. To make the dressing, combine the vinegar, mustard, salt, sugar, and Worcestershire sauce in a blender, and blend until the color lightens and everything is combined. (You can also use a whisk and a strong arm for this.) Slowly stream in the olive oil, and then the hazelnut oil, if using -- you're looking for everything to be thick and emulsified. (This dressing will last for 2 weeks in the fridge.)
5. Add dressing to greens, a few spoonfuls at a time -- you want a well-dressed salad but not a soggy one. (Keep in mind you will have leftover dressing, so no need to use it all.) Fold in the sesame seeds and pistachios, and serve.