

Seared Salmon with Shaved Brussels Sprouts Salad

Salad recipe adapted from twopeasandtheirpod.com

Ingredients/Shopping List

For the salmon:

- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 (6 ounce) salmon fillets, about 1 ¼ inch thick
- Fresh lemon wedges (optional)

For the dressing:

- 1/3 cup olive oil
- 1 tablespoon fresh lemon juice
- 2 tablespoons apple cider vinegar
- 1 tablespoon pure maple syrup
- 2 teaspoons Dijon mustard
- 1 clove garlic minced
- ½-1 teaspoon salt
- ¼-½ teaspoon ground pepper

For the salad:

- 1 lb brussels sprouts, ends trimmed
- 1 Honeycrisp apple chopped
- ½ cup dried cranberries
- ½ cup walnuts chopped (toasted optional)
- ¼ cup shredded or shaved parmesan cheese (optional)

Instructions

1. If toasting walnuts, preheat oven to 350. Add chopped walnuts to a small skillet and toast in the oven for 15-20 minutes until fragrant.
2. In a large skillet heat 1 tablespoon olive oil. Season salmon with salt and pepper then place skin side up in the skillet. Cook for 4-5 minutes each side. Serve with fresh lemon wedges if desired.
3. Meanwhile, whisk together 1/3 cup olive oil with lemon juice, vinegar, maple syrup, mustard, garlic, and salt and pepper. Set aside.
4. Shave the brussels sprouts using a food processor with the slicing attachment. You can also use a mandoline or sharp knife if you don't have a food processor.
5. Place brussels sprouts, chopped apple, dried cranberries, walnuts, and parmesan in a large bowl. Drizzle with the dressing and mix well.