

Apple Brussels Sprout Slaw from Urban Sacred Garden



I've been on a bit of a slaw kick lately, and I've been experimenting with various cruciferous veggies. A couple of weeks ago I made a Sweet and Spicy Broccoli Slaw, and this week it is Brussels Sprouts. This Brussels Sprout and Apple combination was a bit of a last minute concoction, and the tart, tangy brightness of the dish went perfectly with the otherwise salty foods I served that evening. I piled the slaw on my Bison Meatloaf Burgers for the perfect flavor and texture combination. (I was dreaming about Shredded Pork covered in vinegary Carolina Slaw.) You can serve this dish in a similar fashion or as a side dish at any picnic, dinner or cookout.

Yield: About 6 Cups

INGREDIENTS

3 Tbsp Olive Oil

10 oz. (about 5 Cups) Brussels Sprouts, shredded*

Juice 1/2 Lemon

1/4 Cup Yellow Onion, finely diced

1/3 Cup Apple Cider Vinegar

1 1/2 Tbsp Granulated White Sugar

1 Pink Lady Apple, small dice

Freshly Ground Sea Salt

Freshly Ground Black Pepper

*You can sometimes find bags of shredded Brussels Sprouts at the grocery to save time. Alternately, you can also finely chop your Brussels Sprouts.

DIRECTIONS

1. In a medium skillet over medium high heat, heat Olive Oil with a little Salt and Pepper. Add shredded Brussels Sprouts. Squeeze Lemon Juice over the Brussels Sprouts. Cook over medium high heat, stirring occasionally, until Brussels Sprouts are lightly browned around the edges. About 10 minutes.
2. While Brussels Sprouts are cooking, in a large bowl whisk together Onion, Apple Cider Vinegar and Sugar. Set aside. Chop Apple and add to the Vinegar mixture.
3. Remove Brussels Sprouts from heat and allow to cool slightly. While still warm, add Brussels Sprouts to the Apple and Vinegar mixture. Toss together.
4. Add Salt and Pepper to taste. Cover and place in the fridge for about 30 minutes to an hour and allow flavors to meld.
5. Remove slaw from the fridge and add more Salt and Pepper if needed to balance flavor. Remember that salt will help balance out the acidity of the vinegar if it is too tart, but don't over salt. Enjoy!