



# BRUSSEL SPROUT SLAW WITH CANBERRIES AND PINE NUTS

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**B**russel Sprouts aren't always very popular! But if you try something different, and give them tons of flavor, you could change all that! Here is a healthy, crunchy, delicious slaw that will satisfy anyone's craving something fresh and different.

- 1 lb. Brussel Sprouts – cleaned, grated or shredded
- 5-6 Outer green leaves of cabbage shredded
- 1 carrot
- ¼ c. toasted pine nuts or walnuts
- ¼ c. dried cranberries or other dried fruit
- ½ c. toasted and chopped walnuts or pecans (topping)
- Dressing of your choice

- Shred or grate the well cleaned Brussel sprouts
- Sliced the cabbage leaves into VERY thin strips and add to the sprouts
- Grate the carrots
- Into a large bowl add all the rest of the slaw ingredients.
- Add your choice of dressing. A purchased slaw dressing would be great!



(Photo taken from internet)

## RECIPE FOR MY SLAW DRESSING

- 2 oz Rice wine vinegar
- 2 oz Olive oil
- 1 T Dijon Mustard
- 1 T Mayonnaise (optional)
- 1 T Dried Basil or Oregano
- 1 clove Crushed or finely minced garlic or 1 tsp dried garlic
- Salt, pepper to taste

Add everything to a tightly lidded jar and shake vigorously. Pour over shredded slaw. Let sit for about an hour before serving. Top with toasted walnuts or pecans.

### ***Maggie's Recipe Tips:***

- ***Add crispy crunchy bacon bits***
- ***Feel free to buy a bottle or jar of your favorite dressing, or even buy the shredded already cabbage.***
- ***Use dried blueberries or cherries or even raisins.***

***A very forgiving recipe that you can alter in any way you like!***

Find all of our Market Recipes at the Ocean Pines Website:

<https://oceanpines.org/web/pages/forms-documents-farmers-market-recipes>

Ocean Pines Farmers Market - at White Horse Park - 239 Ocean Parkway, Ocean Pines, MD 21811

Saturdays 8am to 1pm - Year-round