

Bacon Brussels Sprouts Salad



Serves 14

Ingredients:

- 1 lemon
- 1/4 cup vinegar
- 1 large shallot, minced
- 1/2 cup olive oil
- salt and pepper to taste
- 6 slices cooked bacon, crumbled or chopped
- 4 dozen brussels sprouts
- 1 cup almonds

- 1 cup grated Pecorino-Romano cheese

Instructions:

1. Cook and crumble the bacon.
2. Squeeze the juice of the lemon and vinegar into a large bowl with the shallots. Pour the oil into the bowl in a steady stream, whisking to form an emulsion. It should appear more creamy and less transparent. Season generously with salt and pepper. Refrigerate until ready to use.
3. Using a mandolin, chef knife, or food processor, shave the brussels sprouts into thin slices to make a shredded slaw texture.
4. Place the almonds in a food processor and pulse until chopped coarsely. Add $\frac{3}{4}$ of the almonds, cheese, and bacon to the shredded brussels sprouts; toss to combine.
5. When ready to serve, toss with the dressing and sprinkle remaining almonds, cheese, and bacon over the top.

Nutrition per serving: Calories 208; Total Fat 16.4 g; Saturated Fat 3.3 g; Monounsaturated Fat 10.0 g; Polyunsaturated Fat: 3.1 g; Total Carbohydrates 9.6 g; Dietary Fiber 3.9 g; Sugar Alcohols 0.1 g; Sugars 2.5 g; Protein 8.2 g; Sodium 202 mg