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# Cruciferous Salad

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Recipe modified from blog: [Eatingbirdfood.com](http://Eatingbirdfood.com)

## Ingredients

### Dressing

- 4 cloves of garlic, minced
- ½ teaspoon black pepper
- ¼ to ½ teaspoon sea salt
- 1/4 cup olive oil
- 2 Tablespoons Balsamic vinegar
- 1 yellow onion, super thinly sliced

### Salad

- 1 large bunch of kale (preferably Laninato, but Curly kale works fine too), washed and de-stemmed, then chopped thinly/small
- 1 lb brussels sprouts, shredded in a food processor (or sliced very thin by hand)
- 2 lemons juiced
- pinch of salt
- 2/3 cup dried raisins or cranberries
- 1/4 teaspoon red pepper flakes
- pinch of nutmeg
- 1/4 cup unsalted sliced almonds (or whole almonds chopped)
- Optional: 2 TBS of vegan parmesan (or a handmade mixture of 1 TBS nutritional yeast and 1 TBS of ground almonds)

## Directions:

- In a small jar, add the garlic, pepper, tsp, and yellow onion w/ olive oil and vinegar and set aside so that flavors can meld.
- Combine the shredded brussel sprouts and kale in a bowl.
- Add the lemon and pinch of salt to the shredded vegetables and massage the vegetables with your hands to coat them with the lemon and soften them.
- Add the chili flakes and dried fruit, nutmeg, and toss to combine with the salad.
- Add the unsalted sliced almonds and toss.