

Apple, Kale, Brussels Salad

Recipe created by Julie Bancroft, PA Apple Marketing Program



Directions on reverse.

SALAD

Ingredients

- 3 cups (or 12 medium to large) Brussels sprouts
- 1 ½ cups Tuscan kale (ribs removed), sliced into ¼" ribbons
- 2 ½ cups Pennsylvania-grown Crispin apples cut into matchsticks
- ½ tsp. sea salt
- ¼ tsp. ground nutmeg
- Fresh ground pepper to taste
- 3 slices bacon, cooked and crumbled
- 2 Tbsp. golden raisins
- 2 Tbsp. pistachios (shelled)

DRESSING

- 1/3 cup orange juice – fresh squeezed or store-bought
- 1 ½ Tbsp. apple cider vinegar
- 3 Tbsp. extra virgin olive oil
- 1 tsp. honey

Apple Tip

If Crispin apples are not readily available, substitute Golden Delicious or Ginger Gold.

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Directions

Thinly slice (about 1/8" thick) Brussels sprouts and place in large bowl. Remove tough ribs from Tuscan kale and cut into thin ribbons (about ¼"); combine with Brussels sprouts. Slice apples into thin slices (about ¼" thick) and then cut into ¼" thick matchsticks; toss with vegetables.

Add salt, nutmeg and fresh cracked pepper to vegetables and toss thoroughly. Add golden raisins, pistachios and crumbled bacon, and toss together.

For Dressing:

Combine orange juice, apple cider vinegar, olive oil and honey together in a small bowl and whisk thoroughly. Pour dressing over prepared salad and stir well to incorporate. Serve immediately and enjoy!

Notes: Crispin apples, also known as Mutsu, work well for this salad due to their low browning qualities and mild flavor. Other mild green PA apples like Golden Delicious and Ginger Gold would also work well.

This salad can be made ahead, just reserve the bacon, raisins, pistachios and vinaigrette and toss in when ready to serve.

How did it turn out?

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