

K's Kitchen: A salad that is good warm or cold

By Kathryn Reed

Shredded Brussels sprouts have gained in popularity so much that it's now possible to buy the veggie pre-shredded in grocery stores.

And while this would save a time, it seems to me that doing it yourself will mean having a fresher product. I could be wrong. Or maybe it was just that the bags I saw seemed a little brown. Plus, it really doesn't take that long to shred them.

What is nice about this recipe is that is quick, easy, tastes good and is healthy. The crunchy-sweet combo of the nuts and cranberries adds great flavor and texture to the salad.

This is one of those salads that would be good year-round. It tastes great warm or cold.

With a freezer full of pecans, that is the nut I chose to use.



Brussels Sprout Salad

1 lb Brussels sprouts, shredded

2 T olive oil

$\frac{1}{2}$ tsp nutmeg

Kosher salt and freshly ground pepper

$\frac{1}{2}$ C walnuts or pecans, chopped

$\frac{1}{2}$ C dried cranberries

Shred the Brussels sprouts. Cook them in olive oil over medium heat until bright and slightly wilted; add nutmeg, salt and pepper. Then add nuts and cranberries.

Serve warm.