

A Sutherland Belle

Shaved Brussels Sprouts & Apple Salad with Crispy Chickpeas

INGREDIENTS

- 1 (15-ounce) can chickpeas, rinsed, drained and patted dry
- ¼ cup olive oil plus 1 tablespoon, divided
- 1 ½ teaspoons kosher salt, divided
- ¼ teaspoon cayenne pepper
- ½ cup fresh lemon juice
- 2 tablespoons whole grain mustard
- 2 tablespoons hot honey
- ½ teaspoon fresh cracked black pepper
- 1-pound fresh Brussels sprouts, trimmed and shredded
- 1 Granny Smith apple, thinly sliced
- ½ cup shaved Parmesan cheese
- 2 ripe avocados, halved, seeded, peeled and sliced

INSTRUCTIONS

1. Preheat oven to 425F. On a large baking dish, combine 1 tablespoon of the oil, ¾ teaspoon of the salt, and cayenne. Spread in an even layer. Roast for 20-25 minutes or until browned and crisp stirring once. Remove and cool to room temperature.
2. In a large bowl whisk together lemon juice, remaining ¼ cup oil, mustard, honey, and remaining ¾ teaspoon salt, and black pepper. Add Brussels sprouts and apples and toss to coat. Set aside and let absorb for at least 15 minutes.
3. Serve topped with Parmesan cheese, roasted chickpeas, and avocado slices.