

## Recipe – Brussels Sprouts Slaw

### Ingredients:

- 1/2 cup red onion, sliced very thin
- Juice of 1 lemon
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- Salt and freshly ground black pepper
- 2 - 3 tablespoons olive oil
- About 3 cups shredded Brussels sprouts
- 1/2 cup finely grated sheep's milk cheese or parmesan

### Directions:

Soak the onion slices in a small bowl of cold water for 15 to 20 minutes while you prepare the rest of the ingredients.

Whisk together the lemon juice, honey, mustard and a pinch of salt and pepper. Whisk in 2 TBS of the olive oil until the dressing is emulsified. Taste and see if it wants a little more oil. Set aside.

Trim all of the Brussels sprouts, cutting off yellowed outer leaves and slicing off any hard parts at the root end. Finely shred the sprouts in the food processor.

Put the sprouts in a serving bowl and toss gently with the drained onions and the dressing. Fold in the cheese, taste and adjust seasonings if necessary.