

SHAVED BRUSSEL SPROUTS SALAD

INGREDIENTS:

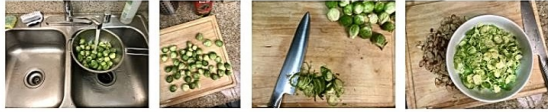
- 1 lb brussel sprouts
- juice of 1 lemon
- 1/2 cup grated Parmesan
- 1/2 cup sliced almonds
- 2 Tbls. olive oil
- Salt & Pepper



STEP ONE: TOAST ALMONDS

Spread the almond slivers on a baking tray and toast them in the oven at 350°F for 5-10 minutes, then remove them from the tray to stop them from burning behind your back.

STEP TWO: SHAVE BRUSSEL SPROUTS



Rinse the brussel sprouts, and pull off any suspicious leaves. Brussel sprouts are already such an evil vegetable to begin with, so you really need to remove those slimy weird ones. After you've

Cleaned them, cut off the ends and slice them very, very, very thin (unless you own a mandolin, then just use that to shave them down).

STEP THREE: MAKE SALAD

Normally, I find brussel sprouts to be a very offensive vegetable, but for some reason, if you slice them incredibly thin, add almonds, lemon juice, grated Parmesan, olive oil, salt, and pepper, they can actually be pretty nice.

