



**Sustainable Solano**  
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

## **Brussels Sprout Salad with Warm Mustard Vinaigrette**

5 T. white wine or champagne vinegar  
1 T. whole-grain mustard  
1 t. honey  
Salt and pepper  
1 shallot, halved and sliced thin crosswise  
¼ cup dried apricots, chopped  
5 T. olive oil  
1/3 cup shelled pistachios, chopped  
1 ½ lbs. Brussels sprouts, trimmed, halved and sliced thin  
1 ½ oz. (about 1 ½ cups) arugula, watercress or other salad green  
4 oz. Parmesan, Pecorino, or ricotta salata cheese, shaved

Quick pickle the shallot and apricots: Whisk vinegar, mustard, sugar and ¼ t. salt together in a glass bowl. Add shallot and apricots, cover tightly (plastic wrap is ok) and microwave until steaming, 30-60 seconds. Stir briefly to submerge shallot. Set aside and let cool to room temperature.

Heat oil in large (12") skillet over medium heat until shimmering. Add pistachios and cook, stirring frequently, until golden brown, 1-2 minutes. Off heat, whisk in shallot mixture. Add Brussels sprouts and toss with tongs until dressing is evenly distributed and sprouts darken slightly, 1-2 minutes.

Transfer mixture to a serving bowl. Add arugula/watercress and cheese, and toss to combine. Season with salt and pepper and serve immediately.

Serves 6.

Recipe adapted from *America's Test Kitchen*.

**Buy local! Get produce for this recipe from small Solano County farms.**  
Visit <http://sustainablesolano.org/local-food/> for resources and information.