Shredded Kale and Brussels Sprouts Salad with Turkey Bacon

Both kale and Brussels sprouts are rich in vitamin A and vitamin C. Almonds, parmesan cheese, and turkey bacon make this a savory and satisfying side dish or entrée.

Ingredients

**Dressing:**
- 1 tablespoon minced shallots
- 2 tablespoons Dijon mustard
- 1/4 cup freshly squeezed lemon juice
- 1 1/2 teaspoons lemon zest
- 2 teaspoons honey
- 1/4 cup olive oil

**Salad:**
- 4 cups finely shredded kale
- 4 cups finely shredded Brussels sprouts
- 1/4 cup sliced almonds
- 1/2 cup grated parmesan cheese
- 6 slices turkey bacon, cooked and diced

Directions:

1. In a small bowl, whisk together shallots, Dijon, lemon juice, lemon zest, and honey. Slowly pour in the olive oil while continuously whisking until well-combined. Season with salt and pepper and set aside.

2. In a large bowl, toss together the shredded kale, Brussels sprouts, and almonds. Add dressing and toss to combine.

3. Top salad with grated parmesan and diced bacon. Serve immediately.

Serving Size: 1.5 cups
Yields: 6 servings

**Nutrition Information / Amount per serving:**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Total fat</th>
<th>Total Carbohydrates</th>
<th>Saturated fat</th>
<th>Dietary Fiber</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dressing</td>
<td>140</td>
<td>9 g</td>
<td>16 g</td>
<td>9.1 g</td>
<td>3.4 g</td>
<td>2.4 g</td>
<td>518 mg</td>
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<tr>
<td>Salad</td>
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<td>16.5 mg</td>
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