



Simple | Healthy | Delicious

Shaved Brussels Sprout Einkorn Salad with Soy-Mustard Dressing



INGREDIENTS

¼ medium yellow onion
½ pound brussels sprouts
1 cup cooked Nature's Earthly Choice Einkorn
2 tablespoons toasted sesame seeds
1 tablespoon tamari (or soy sauce)
1 tablespoon apple cider vinegar
1 tablespoon olive oil
2 teaspoons mirin
1 teaspoon stone ground mustard
1/8 teaspoon black pepper
Pinch crushed red pepper flakes (optional)

DIRECTIONS:

1. Cook Einkorn according to package instructions
2. In a food processor equipped with the slicing blade, run the brussels sprouts and onion through to shave. In a skillet with a lid, heat the ½ tablespoon of olive oil, over medium-low heat. Add shaved brussels Sprouts and onions, cooking for 1 minute. Add in 2-3 tablespoons water, cover, and let cook until brussels sprouts are tender, 6-8 minutes. Remove lid, stir, and continue to cook until any liquid is gone, 2-3 minutes.
3. In a bowl, toss together brussels sprouts, Einkorn, and sesame seeds. In a separate bowl, whisk together the remaining ingredients. Pour over the salad and toss until well combined.