

Shaved Brussels Sprout, Pear and Pomegranate Salad with Orange Ginger Dressing

December 26, 2017

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This dressing reminds me of an orange creamsicle. It's slightly sweet, fragrant, and highly flavored of orange and ginger; and pairs well with the sharp flavors of the raw salad ingredients.

TOTAL TIME: 30 minutes (plus soaking time) PREP TIME: 30 minutes COOKING TIME: None SOAKING TIME: 2 hrs

Here's what you'll need to make ~1.5 cups of **Orange Ginger Dressing**

- 1/2 cup cashews soaked in hot water for 2 hours
- 2 navel oranges, zested, peeled and cut into chunks
- 2" piece of fresh ginger root, peeled
- 1/3 cup white wine or champagne vinegar
- 2 Medjool dates soaked in 1/4 cup hot water
- 1/4 cup fortified nutritional yeast* (optional)
- Dash of salt & ground black pepper

* Fortified nutritional yeast is a good source of B vitamins, including vitamin B12. Not all brands of nutritional yeast are fortified, so check the label carefully. Nutritional yeast also lends some body and flavor to this dressing but it can be omitted if necessary.

THE PROCESS for the DRESSING:

1. Place cashews in a bowl and pour enough HOT water over them to cover by 1/2". Set aside for two hours, occasionally stirring to submerge those floating on the surface.

2. Zest the oranges. Cover the zest and refrigerate until needed. Peel the oranges, chop into chunks and put them in your freezer while waiting for the cashews to soak.
3. Remove the seeds from the dates, place in a small bowl and pour 1/4 cup HOT water over them. Set aside.
4. Keep the ginger and vinegar cold until needed.
5. Add the partially frozen orange chunks, 2/3 of the zest, the soaked and drained cashews, the dates AND their soaking liquid, the nutritional yeast, ginger, vinegar and S&P to your high-speed blender. Blend until completely smooth, scraping down sides if necessary. Taste and adjust seasoning if needed. Dressing should be slightly thick, creamy and pourable. Thin with orange juice, water or more vinegar if necessary. Refrigerate until needed (can be stored up to 1 week).

Here's what you'll need to make 8-10 servings of the [Shaved Brussels Sprout, Pomegranate and Pear Salad](#):

- 1 lb fresh Brussels sprouts
- 1 shallot or small purple onion (1/2 cup)
- 2 firm Bartlett or D'Anjou pears
- 1/2 cup pecans, toasted or raw
- 1 cup pomegranate arils
- remaining orange zest from [Orange Ginger Dressing](#)
- 1/3 cup fresh mint leaves, plus more for garnish
- Juice from 1 lemon

THE PROCESS for the SALAD:

1. Wash and dry the pears. Leaving the peel intact, slice into 1/4" slabs, remove the center core and dice small. Place pears into a small bowl, squeeze lemon over top and toss to coat.

2. Wash and dry Brussels sprouts. Using a food processor or sharp chef's knife, slice thinly, preferably lengthwise. Place in a serving bowl.
3. Finely dice shallot or purple onion and add to Brussels sprouts.
4. Finely chop mint and add to serving bowl.
5. Add the diced pears to the serving bowl and half of the pomegranate arils.
6. Pour about half of the dressing over all, toss carefully to thoroughly coat.
7. Garnish with additional pomegranate arils, pecans and reserved mint leaves and orange zest.
8. Serve with additional sauce over top (first photo above) or as a condiment on the table.

This salad can be made up to two days in advance and stored tightly covered in the refrigerator. Add the additional garnishes when serving.

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	223
	% Daily Value*
Total Fat 5.2g	7%
Saturated Fat 0.7g	4%
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 42.1g	15%
Dietary Fiber 9.8g	35%
Total Sugars 23.3g	
Protein 8.9g	
Vitamin D 0mcg	0%
Calcium 66mg	5%
Iron 2mg	12%
Potassium 744mg	16%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by [verywell](#)

Nutrition information is for 1.5 cups of salad plus an additional Tbsp of dressing.

If you make this recipe, I love to hear how you and your guests liked it! Snap a photo and tag me too, [#chefcatherinebrown](#). I love seeing what you make!