09/14/11 - Brussels Sprouts and Date Salad

Last week, while having lunch at the popular eatery Joan's On Third, I tried a roasted Brussels sprouts salad that looked very appealing in the prepared salad case. I realized, although a bit too dressed for my taste, that Brussels sprouts and dates are a great flavor combination. Here is my version. It was a great side dish

Serves 4 to 6

1 1/ 2 pounds fresh Brussels sprouts, washed, dried, and cut in half

4 tablespoons extra virgin olive oil divided

1/ 2 teaspoon sea salt

8 Medjool dates, pitted and cut in 1/3 inch thick circles

1/2 cup roasted hazelnuts

Vinaigrette:

2 tablespoons aged balsamic vinegar

3 tablespoons whole grain mustard

1 tablespoon honey

Heat the oven to 400° F. Place prepared Brussels sprouts in a medium-large bowl. Toss them with 2 tablespoon of olive oil and sea salt. Place Brussels in a large baking dish, single layer deep and place in hot oven. Roast for about 20 to 30 minutes or until turning golden brown with some crispy leaves. Remove Brussels sprouts from baking dish, when cool, and place them back in the medium-large bowl. Add the sliced dates and hazelnuts to the bowl.

In another bowl whisk vinegar and mustard. Gradually whisk in remaining two tablespoons oil, until dressing is thick and creamy. Whisk in honey. Toss Brussels sprouts and dates with dressing. Serve cold or room temperature. This salad makes a wonderful side dish with roast chicken and rice, and could be used at Thanksgiving or Rosh Hashanah. It keeps for several days in refrigerated.

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