

Copycat Cracker Barrel Brussels Sprouts 'n Kale

Prep Time: Allow time to sit in fridge over night

Cook Time: No cooking

Serves: 1 Salad Bowl

Ingredients

- 1 bunch kale
- 1 lb Brussel Sprouts
- 16 oz bag craisins
- 8 oz chopped pecans

Maple Vinaigrette

- 3/4 c. olive oil
- 1/3 c. apple cider vinegar
- 6 Tbs. maple syrup
- 1 1/2 tsp. dry mustard

Preparation

Step 1

Shred or thinly slice kale and brussel sprouts and put in salad bowl. (I use the food processor)

Step 2

Add pecans and craisins in bowl

Step 3

Blend all vinaigrette ingredients well.

Step 4

Pour vinaigrette over salad and stir to evenly coat. Let sit in fridge overnight.