



Festive Sprout Salad with Cheddar Apples and Hazelnuts

A Salad That Tells a Story

Hello, my dear. Come sit. Let me tell you about this salad. It is not your usual leafy green. It is a crunchy, happy bowl of confetti. I make it when the air gets crisp. It feels like a celebration on a plate.

My grandson used to turn his nose up at sprouts. Then he tried this. He asked for seconds! I still laugh at that. It changed his mind completely. That is the magic of a good recipe. It can surprise you.

Why Letting It Sit Matters

The first step is important. You toss the sliced sprouts with the dressing.

Then you walk away. Let it sit for half an hour. This seems simple. But it changes everything.

The sprouts soften just a little. They soak up the bright, tangy flavor. They become friends with the dressing. This matters because it turns a hard vegetable into something tender and tasty. No one likes a tough, bitter sprout. Patience makes it better.

The Joy of Crunchy Things

Now for the fun part! You fold in the goodies. Sharp cheddar, for a salty bite. A tart apple, for a sweet crunch. And my favorite, the toasted hazelnuts.

Fun fact: Toasting nuts wakes up their oils. It makes them smell amazing and taste even better. Every forkful should have a bit of cheese, apple, and nut. That is the goal. It is a party of textures in your mouth.

A Lesson from My Garden

This salad reminds me of my old garden. I grew sprouts there. They are a fall vegetable. They taste sweeter after a frost. Nature knows how to make things good.

That is the second “why this matters” insight. Food has its own timing. Eating what is in season just tastes right. This salad honors that. It uses the best of autumn. Do you have a favorite fall food? I would love to hear about it.

Make It Your Own

Recipes are just friendly guides. You are the boss of your bowl. No hazelnuts? Try walnuts. Want it sweeter? Use a red apple. It will still be wonderful.

See also Golden Roast Turkey with Rich Giblet Gravy

The real secret is sharing it. This salad makes a lot. It is perfect for a family table. Doesn't that look colorful? I think so. Tell me, what is one ingredient you always add to your salads? I am always looking for new ideas.

Ingredients:

Ingredient	Amount	Notes
Lemon juice	3 tablespoons	
Dijon mustard	2 tablespoons	
Shallot	1 small	minced
Garlic clove	1	minced
Salt and pepper		to taste
Extra-virgin olive oil	6 tablespoons	
Brussels sprouts	2 pounds	trimmed, halved, and sliced very thin
Sharp cheddar cheese	4 ounces (1 cup)	shredded
Granny Smith apple	1	cored and cut into ½-inch pieces
Hazelnuts	½ cup	toasted, skinned, and chopped

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Instructions

Step 1: Grab your big mixing bowl. Whisk the lemon juice and mustard together. Add the tiny shallot and garlic bits. Sprinkle in a good pinch of salt. Now, slowly drizzle in the olive oil while you whisk. (Go slow for a creamy dressing!) It will smell so bright and tangy. Let's make the vinaigrette first.

Step 2: Time for the sprouts. You've sliced them nice and thin. Toss them right into that bowl of dressing. Use your hands to mix it all up. This lets the sprouts soften just a bit. I still laugh at how I used to hate them raw. Now, let the bowl sit on the counter for half an hour. **Do you think the dressing makes them sweeter or tangier? Share below!**

Step 3: The fun part is next. Fold in your shredded cheddar cheese. Add the crunchy apple pieces. Then, sprinkle those lovely toasted hazelnuts over everything. Give it one more gentle mix. Taste a little bite right from the spoon. Does it need more pepper? I always add a tiny bit more.

Creative Twists

This salad loves to play dress-up. Try a different nut or cheese for a whole new flavor. It's like meeting an old friend in a new hat.

- **Use a sweet apple, like Honeycrisp, instead of a tart one.**
- **Swap the hazelnuts for toasted pecans or walnuts.**
- **Add a handful of dried cranberries for a pop of color.**

Which one would you try first? Comment below!



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See also Spiced Holiday Oatmeal Raisin Bites

Serving & Pairing Ideas

This salad is a wonderful sidekick. It's perfect next to a simple roast chicken. Or serve it with a warm, crusty loaf of bread. For a pretty plate, scoop it onto a big platter. Doesn't that look festive?

For a drink, a crisp apple cider is lovely. The grown-ups might enjoy a dry hard cider, too. Both pair so nicely with the sharp cheese and nuts. Which would you choose tonight?

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Keeping Your Salad Fresh and Bright

This salad is best eaten the day you make it. But I know life gets busy. If you have leftovers, store them in a sealed container. Keep it in the fridge for one more day. The sprouts will soften a bit, but it's still tasty.

I don't recommend freezing this one. The sprouts and apple get too watery when thawed. I learned that the hard way once. My freezer salad turned into a sad, soggy mess. Batch cooking is easy, though. Just slice all your sprouts and make the dressing ahead. Store them separately in the fridge. Mix everything together right before you eat.

This matters because a little planning saves dinner time. You can have a fresh, crunchy salad in minutes. **Have you ever tried storing it this way? Share below!**

Simple Fixes for Common Salad Hiccups

First, your sprouts might be too thick. This makes the salad hard to eat. Just slice them as thin as you can. Use a sharp knife and take your time. I remember when my slices were too chunky. The salad wasn't as nice to eat.

Second, the dressing might not stick. Did you let the sprouts sit with the dressing? This step is important. It softens the sprouts just a little. This helps the flavor soak in. Your salad will taste much better.

Third, the hazelnuts might be soft. Always toast your nuts first. It brings out their cozy, rich flavor. This matters because texture is key. A mix of crunchy, soft, and crisp makes every bite fun. **Which of these problems have you run into before?**

Your Quick Questions, Answered

Q: Is this salad gluten-free?

A: Yes, it is! All the ingredients are naturally gluten-free.

See also [Chocolate Swirled Holiday Cheese Cookies](#)

Q: Can I make it ahead?

A: You can prep parts ahead. Slice sprouts and make dressing. Keep them apart until serving.

Q: What can I swap for hazelnuts?

A: Toasted almonds or walnuts work beautifully. Use what you have in your pantry.

Q: Can I make a smaller portion?

A: Of course! Just cut all the ingredients in half. It's perfect for one or two people.

Q: Any optional tips?

A: A fun fact: adding a pinch of sugar to the dressing can balance the lemon. It's a sweet little trick. **Which tip will you try first?**

From My Kitchen to Yours

I hope you love making this festive salad. It always reminds me of family gatherings. The crunch and cheer just make everyone smile. I would love to hear about your cooking adventure.

Tell me all about it in the comments below. **Have you tried this recipe?** Did your family enjoy it? Your stories are my favorite thing to read. Thank you for spending time in my kitchen today.



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Happy cooking!
—Elowen Thorn.



**FESTIVE
SPROUT SALAD**

WITH CHEDDAR APPLES
AND HAZELNUTS*

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[Print Recipe](#)

Festive Sprout Salad with Cheddar Apples and Hazelnuts

Author: Elowen Thorn



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Cooking Method: [No-Cook](#)



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Cuisine: [American](#)



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Courses: [Side Salad](#)



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Difficulty: **Beginner**



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Prep time: **20 minutes**



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Cook time: **minutes**



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Rest time: **30 minutes**



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Total time: **50 minutes**



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Servings: **6 servings**



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Calories: **320 kcal**



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Best Season: **Summer**

Description

Brussels Sprout Salad with Cheddar, Hazelnuts, and Apple. A crisp,

festive salad featuring a tangy vinaigrette, sharp cheddar, sweet apple, and toasted hazelnuts.

Ingredients

- ☐ 3 tablespoons lemon juice
- ☐ 2 tablespoons Dijon mustard
- ☐ 1 small shallot, minced
- ☐ 1 garlic clove, minced
- ☐ Salt and pepper
- ☐ 6 tablespoons extra-virgin olive oil
- ☐ 2 pounds brussels sprouts, trimmed, halved, and sliced very thin
- ☐ 4 ounces sharp cheddar cheese, shredded (1 cup)
- ☐ 1 Granny Smith apple, cored and cut into ½-inch pieces
- ☐ ½ cup hazelnuts, toasted, skinned, and chopped

Instructions

1. Whisk lemon juice, mustard, shallot, garlic and 1/2 teaspoon salt together in large bowl. Slowly whisk in oil until incorporated. Toss Brussels sprouts with vinaigrette, and let sit for at least 30 minutes or up to 2 hours.
2. Fold in cheddar, apple, and hazelnuts. Season with salt and pepper to taste. Serve.

Notes

Nutritional information is referenced in the text with 'View Nutritional Information,' but specific nutrition facts are not provided in the given text.



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Keywords: Brussels Sprouts, Cheddar, Apple, Hazelnuts, Salad, Side Dish