

## Brussels Sprout Salad

2 tablespoons pine nuts  
1 tablespoons canola oil  
1 pound Brussels sprouts  
1 gala apple peeled cleaned and cut into 1/4 inch dice  
2 tsp Italian parsley  
4 ounces Rushing Waters Smoked Trout  
2 teaspoons chopped chives

Wash and clean Brussels sprouts. Cover with lightly salted water and bring to a light simmer. Simmer for 1 minute and remove from heat. Drain and cool sprouts in an ice bath. Remove leaves and core sprouts and shake leaves dry and set aside. Toast pine nuts in sauté pan over moderate heat shaking pan until nuts are golden. Remove from pan and set aside to cool.

In same pan heat canola oil add diced apple and sprout leaves cook until lightly browned 2-3 minutes add smoked trout and 1/2 cup of vinaigrette to pan with remaining ingredients and cook 1 more minute. Serve warm.

*Presented by Chef Phil Haseker, Waukesha Memorial Hospital*