



## Brussel Sprout & Butternut Squash Salad

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### Ingredients:

#### Brussels Sprout Salad:

- 1-½ lb. Brussels sprouts, shaved
- 2 cups butternut squash, peeled and chopped
- 1 large fuji apple, peeled cored, and chopped
- 1/3 cup pomegranate arils
- ½ cup feta cheese crumbles
- 1/3 cup pumpkin seeds

#### Citrus Maple-Cinnamon Dressing:

- ¼ cup olive oil
- ¼ cup lemon juice
- 1 tblsp + 1 tsp pure maple syrup
- ¼ tsp ground cinnamon
- ¼ tsp sea salt, to taste

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Prepare the Salad:

- Preheat the oven to 415 degrees F.
- Spread the butternut squash over a baking sheet and drizzle with 1 to 2 tblsp of olive oil. Sprinkle with sea salt and a dash of cinnamon if desired.
- Roast butternut squash for 30- 40 min.
- Shave all Brussels sprouts and add the to a large serving bowl, along with the butternut squash, apple, pomegranate seeds, feta cheese, and pumpkin seeds. Toss in desired amount of dressing until everything is well coated. Taste for flavor and add sea salt to taste.

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## Nutrition Information

**Yield 8**

**Serving Size 1 of 8**

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*Amount Per Serving*

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**Calories 216**

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**Total Fat 13g**

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Unsaturated Fat 0g

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**Carbohydrates 22g**

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Fiber 8g

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Sugar 11g

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**Protein 11g**

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