



SHAVED BRUSSEL SPROUT SALAD



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Ingredients:

1-½ pounds Brussels sprouts, trimmed and shaved

2 cups butternut squash, peeled and chopped

1 large apple, peeled cored, and chopped

1/3 cup pomegranate arils

½ cup feta cheese crumbles

1/3 cup pumpkin seeds

Citrus Maple-Cinnamon Dressing:

1/4 cup olive oil

¼ cup lemon juice

1 tablespoon

1 teaspoon pure maple syrup

1/4 teaspoon cinnamon

1/4 teaspoon of salt and pepper to taste

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Prepare the Dressing: Add all of the ingredients for the dressing to a small blender and blend until completely smooth. Set aside until ready to use.

Prepare the Salad:

Preheat the oven to 415 degrees F and spread the butternut squash over a baking sheet and drizzle with 1 to 2 tablespoons of olive oil. Use your hands to coat the squash in oil. Sprinkle with sea salt and a dash of cinnamon if desired.

Roast butternut squash for 30 to 40 minutes, stirring half-way through, or until squash is golden-brown and cooked through. Once the butternut squash has finished roasting, set it aside to cool to room temperature.

While squash is roasting, shave all of the the Brussels sprouts - Hold the Brussels sprouts by the stem on a cutting board, and use a sharp knife to carefully chop (or shave) them into thin slices. Discard the hard stems.

Add the shaved Brussels sprouts 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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