



# BRUSSELS SPROUTS SALAD



## Ingredients

### Roasted Veggies

2-3 cups Brussels Sprouts, quartered  
2 cups butternut squash, in chunks  
1/3 cup onion, sliced  
1-2 tbsp oil  
2 tsp paprika

### Kale and Marinade

2-3 cups kale, shredded  
1 tbsp minced garlic (3 cloves)  
2 tbsp maple syrup  
2 tsp Dijon mustard  
1-3 tsp orange zest  
4 tbsp orange juice

### Meat

1/2 lb bacon (about 5 thick-cut strips worth)

### Grain

1 cup couscous, orzo pasta or brown rice  
1 1/2 - 2 cups water  
1 tbsp oil  
1 tsp salt

### Toppings

1/4 cup dried cranberries  
2 oz feta cheese  
salt and pepper

### Caramelized Pecans

1 tablespoon butter  
1-2 tbsp maple syrup  
1/2 cup chopped pecans



## Instructions

Servings  
4

Baking  
40 mins

Total Time  
60 mins

1. Preheat the oven to 375° F.
2. Prepare the vegetables for roasting. Cut off the base of each Brussels sprout, then cut each sprout into quarters (head to stem, not across). Cut off the outer peel of the butternut squash, then cut the squash into chunks. Peel and slice the onion into moon-shaped slivers.
3. Add the Brussels sprouts, squash and onion to a roasting pan. Toss with oil, paprika, and salt. Roast for 40 minutes, stirring occasionally. While the veggies are roasting, prepare the rest of the salad components.
4. Wash and shred the kale, then add to a large salad bowl. Mix together the orange zest, orange juice, garlic, mustard and maple syrup. Drizzle over the kale in the salad bowl and toss so the kale is well-coated.
5. Add the bacon to a cold frying pan. Let the bacon cook slowly over medium-low heat until crispy, about 10-15 minutes. Let the bacon cool on a paper towel on a plate. Once cool enough to touch, chop the bacon into bite-size pieces. Drain the fat from the pan and re-use the pan for caramelizing the pecans.
6. Caramelize the pecans in the pan with butter and maple syrup over medium-low heat for 5 minutes.
7. Prepare the couscous next. Bring the water to a simmer in a small pot, then add the couscous, oil and salt. Cook over medium-low heat for 5 minutes, cover and set aside.
8. Add the couscous and roasted veggies to the kale salad. Top with chopped bacon, the pecans, cranberries and crumbled feta. Enjoy!