

Butternut Squash, Brussel Sprouts and Pecan Salad

Roasted Brussel Sprouts:

3 cups Brussels sprouts, ends trimmed, yellow leaves removed

3 tablespoons olive oil

Salt, to taste

Roasted Butternut Squash:

1 and ½ pound butternut squash, peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)

2 tablespoons olive oil

3 tablespoons maple syrup

½ teaspoon ground cinnamon

Other Ingredients:

2 cups pecan halves

1 cup dried cranberries

2-4 tablespoons maple syrup

Directions:

Roasted Brussels sprouts:

1. Preheat oven to 400 degrees F. Preheat oven to 400 degrees F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.
2. Make sure Brussels sprouts have trimmed ends and yellow leaves are removed. Slice all Brussels sprouts in half.
3. In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt (to taste), and toss to combine. Place onto a foil-lined baking sheet, cut side down, and roast in the oven at 400 degrees F for about 20-25 minutes.
4. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely browned and charred but not black.

Roasted butternut squash:

5. Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.

6. In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.
7. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.
- 8.

Assembly:

In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine. (OPTIONAL): For more sweetness, add 2 or 4 tablespoons of maple syrup, if desired – do not add all maple syrup at once, start with 2 tablespoons, then add more, if desired, and toss with the salad ingredients to combine.