



Butternut Squash Salad



prep time
10 minutes



total time
30 minutes



servings
6

Ingredients

- 3 cups Brussels sprouts ends trimmed, yellow leaves removed
~ 3 veggie servings
- 2 tablespoons olive oil ~ 2 fat servings
- 1/4 teaspoon Salt to taste
- 4 cups butternut squash peeled, seeded, and cubed into 1-inch cubes
~ 4 carb servings
- 2 tablespoons olive oil ~ 2 fat servings
- A splash of maple syrup for a touch of sweetness
- 1/2 teaspoon ground cinnamon
- 1 cups pecan halves ~ 5 fat servings
- 3/4 cup dried cranberries
~ 25 carb servings

 holiday side dish

Instructions

- 1 Toss Brussels sprouts in olive oil and salt. Roast in the preheated oven at 400° F for about 20 minutes.
- 2 Toss cubed butternut squash in olive oil, maple syrup, and cinnamon. Roast in the preheated oven at 400 F for about 20 minutes.
- 3 In a large bowl, combine roasted Brussels sprouts, roasted cinnamon butternut squash, cranberries, and lightly toasted pecans.
- 4 Add a small amount of maple syrup and toss!

TIPS AND TRICKS

- To save time, roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven. Adding maple syrup to the salad at the end is optional. If you do decide to add it, add small

amounts. Start with 2 tablespoons of maple syrup, then add more, if desired, and toss with the salad ingredients to combine.

- If you plan to make this a day ahead, don't add nuts. Add nuts only when ready to serve, to make sure they are crunchy.

- Reheat this dish in a shallow pan, such as a sheet pan or a sheet cake pan lined with parchment paper. Spread the ingredients on a parchment paper lined sheet pan. Reheat for about 15 minutes in the preheated oven at 350 F. Then add toasted pecans, when ready to serve.

- You can also serve this dish cold, if you like. Just add toasted pecans right before serving, so that they are crunchy.



Whole Recipe Breakdown:

0 Serving Protein
29 Servings Carb
9 Servings Fat
3 Servings Veggies

