

Brussels Sprout Salad



Nutty and sweet butternut squash tossed with roasted Brussels sprouts, a handful of tart and chewy dried cranberries and a helping of spelt. A sprinkle of toasted pumpkin seeds adds a bit of crunch.

Yield	7-1/2 oz
Serves	1
Preparation time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	oz	1 cup		Brussel sprouts	sliced, roasted
2	oz	1/2 cup		Roasted Winter Squash - prepared	(see separate recipes)
1	oz	2 tbsp		Spelt with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
1/4	oz	1' tbsp		Cranberries	dried
1/4	oz	1 tbsp		Pumpkin seed	toasted
1/2	fl oz	1 tbsp		Pineapple Bourbon Vinaigrette - prepared	(see separate recipe)

Preparation Steps

1. Add Brussels sprouts, Roasted Winter Squash, Spelt, cranberries and pumpkin seeds (or guest's choice of vegetable, grains and garnishes) to a bowl.
2. Toss with Pineapple Bourbon Vinaigrette (or guest's choice of dressing).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	184.3
Energy (KJ)	771.5
Protein (g)	7
Carbohydrate, total (g)	25.8
Fats, total (g)	8
Sugars, total (g)	6.6
Fats, saturated (g)	1.3
Fiber, total dietary (g)	6.7
Sodium (mg)	306.1
Calcium (mg)	80.4
Cholesterol (mg)	0.2
Iron (mg)	3.3
Vitamin A (µg_RAE)	332.8
Vitamin C (mg)	110.7

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.