

Roasted Brussels Sprouts Salad with Butternut Squash, Cranberries and Pumpkin Seeds

Roasted Brussels sprouts:

1. Preheat oven to 400 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. Then, slice all Brussels sprouts in half. 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 F for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened (see my photos).

Roasted butternut squash:

1. Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.
2. In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.
3. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.

Assembly:

1. In a large bowl, combine roasted Brussels sprouts,

roasted butternut squash, pumpkin seeds, 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.

Recipe from:

<https://juliasalbum.com/maple-butternut-squash-roasted-brussels-sprouts-pumpkin-seeds-and-cranberries/>

4. Total time: 40 minutes