

Roasted Fall Vegetable Salad with White Beans & Apple

Servings: 2

Prepping Time: 5 min

Cooking Time: 15 min



Ingredients

- 12 oz. Brussels sprouts, ends trimmed, halved
- 1 cup butternut squash, peeled, halved, thinly sliced
- 1 Tbsp olive oil
- 1 healthy pinch each sea salt and black pepper
- 3 cups chopped Lacinato kale
- 1 (15 oz.) can white beans, drained and rinsed (I like cannellini or great northern)
- 1 medium firm apple skin on, diced (I like granny smith, fuji, or pink lady)
- 2-3 Tbsp chopped dried cranberries
- 2-3 Tbsp pumpkin seeds or toasted walnut pieces
- 2 Tbsp olive oil
- 3 Tbsp apple cider vinegar
- 2 tsp Dijon mustard
- 1 tsp maple syrup
- 2 Tbsp minced shallot (optional)
- 1/8 tsp each sea salt and black pepper

Directions

- Preheat the oven to 425 F,
- Line a large baking sheet with parchment paper.
- Roasted Vegetables: Place brussels sprouts and butternut squash on parchment-lined baking sheet and drizzle with oil. Toss to coat, then arrange brussels sprouts cut side down so that they develop a crisp, caramelized edge. Sprinkle evenly with sea salt and black pepper. Roast for 12-15 minutes, until the Brussels sprouts are just fork tender.
- Dressing: While vegetables are roasting add to a large bowl your olive oil, apple cider vinegar, Dijon mustard, maple syrup, shallot, salt, and pepper. Whisk well to combine.
- Kale, Beans & Apple: Add kale, white beans and apple to the dressing and stir to coat. Set aside to let them soak up the flavors of the dressing.
- When the Brussels sprouts and butternut squash are done roasting, add them to the kale and white beans and toss gently until just combined.
- Divide between serving bowls and top with dried cranberries, pumpkin seeds (or walnuts).