



Harvest Kale and Brussel Sprout Salad



12 servings



1 hour

salad ingredients

3 cups butternut squash, peeled & cubed
1 tbs avocado oil (for roasting squash)
4 cups kale, stalks removed & chopped
2 cups brussels sprouts, shredded
1 ½ cup toasted pecans, coarsely chopped
½ cup dried cranberries
2 small apples, diced

dressing ingredients

3 dates, pitted
¼ cup apple cider vinegar
3 tbs unsweetened almond milk
1 tsp mustard
½ tsp onion powder
½ tsp sea salt
½ cup olive oil
2 tsp poppy seeds

directions

1. Preheat the oven to 425°F.
2. In a large bowl, toss the butternut squash with the avocado oil and sprinkle with sea salt. Arrange on a baking sheet in a single layer. Roast in oven for 25-30 minutes until squash is soft.
3. Remove and allow to cool. Turn down oven to 375° and toast pecans on a baking sheet for 5-7 minutes.
4. Meanwhile, prepare the dressing. Add all ingredients EXCEPT the poppy seeds to a small blender. Blend until smooth. Stir in the poppy seeds.
5. To build the salad, place the kale in a large bowl. Put a dab of oil on your hands and massage the oil into the kale for a few minutes until its softened to the desired texture.
6. Add the shredded brussels sprouts, cooled butternut squash, chopped toasted pecans, cranberries and apples. Toss. Add the dressing ¼ cup at a time, tossing to desired coating.

enjoy!

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