



## Harvest Salad

**Prep: 20 minutes**

**Roast: 30 minutes • Serves: 10**

### Harvest Salad

- 1½ pounds Brussels sprouts, cut in half (about 4 cups)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 bag (5 ounces) baby arugula (about 5 cups)
- 1 bag (9 ounces) hearts of romaine (about 5 cups)
- 1 small red onion, thinly sliced (about 1 cup)
- 1 package (4 ounces) crumbled blue cheese (about 1 cup)
- 1 package (5 ounces) dried tart cherries (about 1 cup)
- ½ cup roasted & salted shelled pumpkin seeds (pepitas)

### Maple-Mustard Dressing

- ¼ cup apple cider vinegar
- ¼ cup extra virgin olive oil
- ¼ cup maple syrup
- 2 tablespoons fresh orange juice
- 1½ tablespoons Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon ground allspice

**1.** Prepare Harvest Salad: Preheat oven to 400°. In medium bowl, toss Brussels sprouts, oil, lemon juice, salt and pepper until well coated. On rimmed baking pan, evenly spread Brussels sprouts. Roast 30 to 35 minutes or until golden brown and edges are crisp, stirring once halfway through cooking.

**2.** Meanwhile, prepare Maple-Mustard Dressing: In small bowl, whisk all ingredients until well blended.

**3.** To serve, whisk dressing. In large bowl, toss arugula, romaine and onion with dressing until evenly coated. Top with cheese, cherries, pumpkin seeds and warm Brussels sprouts.

*Approximate nutritional values per serving:  
268 Calories, 16g Fat (4g Saturated), 8mg Cholesterol,  
354mg Sodium, 26g Carbohydrates, 5g Fiber, 8g Protein*

### Chef Tip

*Dressing can be prepared, covered and refrigerated up to 3 days in advance. Bring to room temperature and stir with whisk before using.*