

KALE BRUSSELS SPROUTS BUTTERNUT SQUASH SALAD

Kale and Brussels sprouts are two powerhouse cruciferous vegetables that contain tons of vitamins, minerals, and fiber. They are also great for combating estrogen dominance. The issue is that they are both fibrous, which can be rough on the digestive system and lead to extra bloat. So we've roasted the Brussels sprouts and massaged the kale to help break down the fibers so you can chomp down on these gems to your heart's content.

INGREDIENTS

1 lb. Brussels sprouts, shredded
3-4 cups butternut squash, cut into 1/2-inch dice (about 1/2 medium butternut squash)
2 tablespoons avocado oil, separated
1 bunch Lacinato kale, washed, dried
pecans, chopped
salt and pepper

LEMON VINAIGRETTE

1/4 cup of olive oil
juice of 1 lemon (about 2-3 tablespoons)
1/2 teaspoon maple syrup
1/2 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 tablespoon Dukkah* spice

My kids don't like Brussels sprouts:

2 cups butternut squash, cut into 1/2-inch dice
1/4 teaspoon dried thyme
1/2 lb. gluten-free pasta
1 clove garlic, minced
1-2 cups spinach leaves
2 teaspoons olive oil
salt and pepper
parmesan cheese (optional)

MAKES FOUR SIDE SALADS OR TWO LARGE SALADS

- 1 Preheat oven to 400°.
- 2 Pull away dried or damaged leaves on Brussels sprouts, trim ends, and shred. Place on baking sheet, drizzle with 1 tablespoon avocado oil, salt, and pepper and bake for 20 minutes. Toss about halfway through.
- 3 Place cubed butternut squash on a baking sheet, drizzle with 1 tablespoon avocado oil, salt and pepper and toss. Bake for 20 minutes or until a knife can easily pierce through.
- 4 To make the dressing, place maple syrup, mustard, salt, pepper, and lemon juice in a bowl. Drizzle in olive oil and whisk until emulsified.
- 5 Cut the kale into ribbons and place in a bowl. Season with salt and pepper. Spoon some of the dressing onto the kale and massage it with your hands to break down the fibers.
- 6 Toss in Brussels sprouts, butternut squash, pecans, and dressing (you may not need all of it). Sprinkle with Dukkah seasoning and toss again. Taste and adjust salt and pepper.

My kids don't like Brussels sprouts:

On the same baking sheet as the butternut squash for the salad, place 2 cups of butternut squash, drizzle with some avocado oil. Add thyme, salt, and pepper, then toss. Bake for 20 minutes or until a knife can easily pierce through. Cook pasta according to directions. In a sauté pan, add some olive oil, minced garlic. Toss in the spinach and cook until it wilts. Then add cooked pasta and toss. Adjust salt and pepper and then add parmesan cheese if you like.

NOTES

- *You can make your own Dukkah spice. You can find the recipe on the website. If you don't have it, you can certainly omit it, but it adds that extra oomph.
- This salad would taste great with some grilled chicken or shrimp if you are looking for a little added protein.