

Roasted Brussels Sprouts and Kale Salad

Ingredients

Salad:

- 16 Brussels sprouts, halved and thinly sliced
- 1 red onion, diced
- ½ tablespoon olive oil
- sea salt and freshly ground black pepper, to taste
- ½ cup pecans
- 4 cups packed torn kale leaves
- 1 Gala apple, cored, quartered and thinly sliced
- juice of ½ lemon

Dressing:

- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 2 tablespoons Greek yogurt
- 1 tablespoon poppy seeds

Instructions

1. Preheat oven to 400 degrees. Place Brussels sprouts and onion on a baking sheet. Drizzle with olive oil, season with salt and pepper, and toss to coat. Bake for 10 minutes, remove from the oven and stir gently. Bake for an additional 5 minutes.
2. While the Brussels sprouts and onion are roasting, toast pecans in a fry pan over medium heat until fragrant, about 5 minutes. Let cool and then roughly chop.
3. In a large bowl, combine kale and a pinch of salt. Massage until the kale starts to soften and wilt, about 2 minutes.
4. In a small bowl, combine the dressing ingredients and stir until smooth.
5. Add roasted Brussels sprouts and onion, pecans, and apple to the bowl with the kale.
6. When ready to serve, add dressing and toss to combine.



Recipe by Two of a Kind at <http://www.twoofakindcooks.com/roasted-brussels-sprouts-kale-salad/>