

Winter Harvest Bowl

Vegetables :

1 pound brussel sprouts, quartered, drizzled with 1 tbsp olive oil, seasoned and roasted 1 tbsp balsamic vinegar (baked for 20-30 minutes or until crisp tender)

1 butternut squash, peeled and spiralized (blade C), seasoned and roasted with 1 tbsp olive oil, seasoned and baked until golden and tender.

Dressing :

3 tbsp tahini

1 tbsp ACV

1 tbsp maple syrup

1 tbsp EVO

s/p

Spiced Pecans

½ c pecans, whole

1 tbsp maple syrup

¼ tsp cinnamon, ground,

¼ tsp cayenne

seasalt

Method :

Preheat oven to 425

Line baking sheet with parchment.

In bowl whisk maple, spices and seasoning to create a paste.

Add pecans, stir.

Spread out on to trays and bake for 5 minutes, flip and continue baking till dry and very fragrant. Remove from oven, let cool.

Plating :

Arrange the squash in a bowl next to Brussel sprouts. Top evenly with spiced nuts and pomegrante seeds.

Drizzle with dressing and top with select protein and chopped parsley.