

Roasted Brussels Sprouts and Carrots Salad

Ingredients:

- 1 pound Brussels sprouts, clean and halved
- 3 large carrots, peeled and cut on the bias into slices about ¼-inch thick
- 2 large shallots, cut into slices about ¼-inch thick
- 2 tablespoons extra virgin olive oil
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 to 3 tablespoons balsamic vinaigrette (recipe included or use store-bought)
- 2 tablespoons pine nuts, toasted
- 2 tablespoons grated parmesan cheese

Directions:

Preheat the oven to 425 degrees and line a baking sheet with parchment paper.

Place the sliced Brussels sprouts, carrots and shallots in a large bowl. Add the olive oil and toss to combine. Add the garlic powder, salt and pepper and toss again until evenly distributed.

Transfer the vegetables to the prepared baking sheet and distribute them in a single layer, placing the Brussels sprouts flat side down (you will use the same bowl later). Bake in the oven until the carrots are tender and the bottoms of the sprouts are golden brown, about 30 to 35 minutes.

Remove from the oven and return the vegetables to the large bowl. While the vegetables are piping hot, pour 2 tablespoons of balsamic vinaigrette over the vegetables and toss well to combine. Taste and add more dressing, salt and pepper as desired.

Let the vegetables cool until they are warm to the touch, about 5 to 10 minutes. Add the pine nuts and parmesan cheese; toss well until combined. Serve warm or at room temperature.

Leftovers may be stored in an airtight container and refrigerated for 3 to 4 days.

Sarah's Balsamic Vinaigrette

Makes: about 1 cup

Ingredients:

¼ cup balsamic vinegar

2 tablespoons honey

1 tablespoon Dijon mustard

1 clove garlic, minced

½ teaspoon kosher salt

½ teaspoon freshly ground black pepper

2/3 cup extra virgin olive oil

Directions:

In a medium bowl, whisk together the vinegar, honey, mustard, garlic, salt and pepper until well combined, about one minute. Add the olive oil in a slow steady stream, whisking constantly until fully emulsified, about 2 minutes. The dressing is ready when the color becomes lighter, and the ingredients are fully combined.

To store, transfer the dressing to a jar or other airtight container and refrigerate. This dressing will keep in the refrigerator for at least 2 weeks. Shake container or whisk vigorously before serving.