



## Miso Mustard Roasted Brussels Sprouts

**3 servings**  
30 minutes

### Ingredients

- 3 cups Brussels Sprouts (trimmed and halved)
- 1 tbsp Extra Virgin Olive Oil
- 2 tsp Maple Syrup
- 1 tbsp Miso Paste
- 2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, minced)
- 1 tbsp Parsley (minced)

### Nutrition

Amount per serving	
Calories	104
Fat	5g
Carbs	13g
Fiber	4g
Protein	4g
Calcium	45mg

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Toss all of the ingredients together in a large bowl except for the parsley. Spread everything out evenly on the baking sheet. Cook for 20 minutes, tossing halfway through.
- 3 Garnish with parsley before serving and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately one cup.

**More Flavor:** Add chopped bacon, liquid smoke, or smoked paprika to the Brussels sprouts before roasting.

**Additional Toppings:** Chopped walnuts, pumpkin seeds, and/or sunflower seeds.



## Winter Kale Salad

4 servings  
20 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 1/8 tsp Sea Salt
- 6 cups Kale Leaves (thinly sliced)
- 1/2 cup Pomegranate Seeds
- 1 Pear (cored and thinly sliced)
- 1/4 cup Pumpkin Seeds
- 1/4 cup Unsweetened Coconut Flakes (toasted)

### Nutrition

Amount per serving	
Calories	196
Fat	15g
Carbs	15g
Fiber	5g
Protein	4g
Calcium	92mg

### Directions

- 1 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 2 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 3 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to two days.

**Serving Size :** One serving equals approximately two cups.

**No Pear:** Use sliced apple instead.

**No Kale:** Use Swiss chard or collard greens instead.



## Roasted Winter Vegetables with Tahini Drizzle

4 servings  
45 minutes

### Ingredients

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	358
Fat	26g
Carbs	29g
Fiber	8g
Protein	9g
Calcium	169mg

### Directions

- 1 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

### Notes

- More Protein:** Add lentils, chickpeas, or diced tofu.
- Leftovers:** Store covered in the fridge up to 2 - 3 days.