

Roasted Brussels Sprout and Barley Salad

with Goat Cheese, Cranberries and Pepitas

Brussels sprouts are the "it" vegetable of the season—and for good reason! They become nutty and caramelized after a quick roast in the oven. Tossed over a barley salad with crunchy pepitas, sweet cranberries, and tangy goat cheese, this is one salad that is guaranteed to satisfy all your cravings.



Prep 30 min



level 1



veggie



Brussels Sprouts



Barley



Dried Cranherries



Goat Cheese



Pepitas



Balsamio Vinegar



Honey



Shallot



Arugula

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Ingredients		4 People	4 People
Brussels Sprouts		1 pkg (340 g)	2 pkg (680 g)
Barley		1 pkg (¾ cup)	2 pkg (1½ cups)
Dried Cranberries		1 pkg (28 g)	2 pkg (56 g)
Goat Cheese	1)	1 pkg (56 g)	2 pkg (113 g)
Pepitas		1 pkg (28 g)	2 pkg (56 g)
Balsamic Vinegar	2)	1 bottle (2 tbsp)	2 bottles (4 tbsp)
Honey		1 tsp	2 tsp
Shallot		1	2
Arugula		1 pkg (113 g)	2 pkg (227 g)
Olive or Canola Oil*			

*Not Included

- 1) Milk/Lait
- 2) Sulphites/Sulfites

Tools

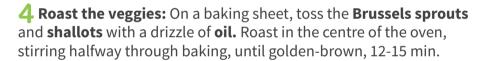
Medium Pot. Strainer, Medium Bowl, Baking Sheet, Whisk

Nutrition per person Calories: 446 cal | Fat: 18 g | Protein: 19 g | Carbs: 59 g | Fibre: 11 g | Sodium: 262 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- Preheat the oven to 400°F. (To roast the Brussels sprouts.) Start prepping when your oven comes up to temperature!
- **2** Cook the barley: In a medium pot, combine the barley with enough salted water to cover. Cover and bring to a boil over medium-high. Boil until the barley is tender, 23-25 min.
- **3 Prep:** Meanwhile, wash and dry all produce. Thinly slice the shallot. Trim and halve the Brussels sprouts.







6 Finish and serve: Just before serving, toss in the arugula. Divide between plates. Crumble the **goat cheese** overtop. Enjoy!