

Roasted Brussel Sprout Salad

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/best-roasted-brussel-sprouts-recipe-for-thanksgiving>

Ingredients:

- 1 cup pearl barley cooked
- 1 pound brussel sprouts quartered
- 1 tablespoon olive oil
- 2 cups red seedless grapes halved
- 5 ounces arugula
- 3 ounces Parmesan cheese slivered
- yogurt dressing
- 1/2 cup greek yogurt
- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon crushed black pepper

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 9 grams
6. Protein: 12 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 470 milligrams
9. Sugar: 8 grams

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