

Thanksgiving Salad

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-brussel-sprout-and-carrot-recipe-with-pomegranate>

Ingredients:

- 2 cups butternut squash peeled and cut into 1-inch cubes
- 2 cups Brussels sprouts halved
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 5 ounces baby spinach
- 1 cup pecans
- 1 cup pomegranate
- 3 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon honey or maple syrup
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 27 grams
3. Fat: 33 grams
4. Fiber: 8 grams
5. Protein: 6 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 980 milligrams
8. Sugar: 13 grams

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