

# Brussels Sprout and Sweet Potato Israeli Couscous Salad

Yield: 5 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-brussels-sprout-recipe>

## Ingredients:

- 1 pound Brussels sprouts trimmed and halved, quartered if large
- 1 sweet potato medium, peeled and cut into 1/2 inch chunks
- 2 1/2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups water
- 1 1/2 cups couscous Israeli, pearl
- 1/2 cup sliced green onions thinly
- 2/3 cup dried cranberries
- 1/3 cup raw almonds sliced
- 3 tablespoons olive oil
- 1 1/2 tablespoons pure maple syrup
- 1 tablespoon apple cider vinegar
- 1 clove garlic minced
- salt
- pepper

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 66 grams
3. Fat: 20 grams
4. Fiber: 9 grams
5. Protein: 12 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 440 milligrams
8. Sugar: 11 grams

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