

Grilled Brussels Sprouts, Pear & Pecan Salad

9 ingredients · 20 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in oil and season with salt.
2. Pierce the Brussels sprouts onto the skewers.
3. Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
4. Divide the spinach, pear, pecans, cranberries, and grilled Brussels sprouts onto plates. Drizzle with lemon juice and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 2 1/2 cups.

More Flavor

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Additional Toppings

Add olive oil, goat cheese, blue cheese, feta cheese or vegan cheese.

No Skewers

Use a grilling mat or basket instead.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Ingredients

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)

2 tbsps Avocado Oil

1/2 tsp Sea Salt (to taste)

8 Barbecue Skewers

4 cups Baby Spinach

2 Pear (cored, sliced)

1 cup Pecans (crushed)

1 cup Dried Unsweetened Cranberries

2 tbsps Lemon Juice (to taste)

Nutrition

Amount per serving

Calories	421	Calcium	92mg
Fat	26g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	7g	Thiamine	0.3mg
Monounsaturated	15g	Riboflavin	0.2mg
Carbs	48g	Niacin	1mg
Fiber	11g	Vitamin B6	0.3mg
Sugar	32g	Folate	125µg
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	155mg

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Sodium	342mg	Magnesium	81mg
Potassium	722mg	Zinc	2mg
Vitamin A	3513IU	Selenium	3µg
Vitamin C	90mg		