winter brussels salad with chicken

prep time:
10

featured product:
50/50!

this salad combines raw and roasted brussels sprouts to achieve a hearty salad with a nod to winter produce. this dish feels fresh but filling enough to function as a dinner entrée as well. the 50/50 greens are the perfect bed for this wintery salad.

ingredients

serves 4

4oz **organicgirl® 50/50! greens**
4 roasted chicken breast, skin on (store bought rotisserie chicken for a shortcut)
16oz brussels sprouts, divided
4oz pomegranate seeds
1?2 cup shaved pecorino cheese
1 tsp dried sage
1 tsp garlic powder
1 tbsp evoo
salt and pepper
apple cider vinaigrette

vinaigrette ingredients:
1 small shallot
1/3 cup evoo
1/3 cup apple cider vinegar
2 tsp dijon mustard
2 tsp local honey
salt and pepper

directions

1. preheat oven to 400

2. divide brussels sprouts. remove outer leaves.

3. half of the brussels should be cut in half, transferred to sheet pan, tossed n olive oil, and sprinkle evenly with salt and pepper, dried sage and garlic powder. roast for 20 minutes and cool to room temperature.

4. the other half of brussels sprouts: very thinly sliced and kept raw.

5. toss greens with raw brussels, cooled roasted brussels, pomegranate seeds and pecorino.

6. divide evenly amongst 4 bowls and top with slices chicken breasts. serve with apple cider vinaigrette

dressing procedure: combine all ingredients in blender and blend approx 30-40 seconds or until silky smooth.

nutrition

of servings4
calories:584
cholesterol: 115 mg
sodium: 774mg
total carbohydrate: 22.75g
total sugars: 11g
protein: 47.5g