

Fall Harvest Salad with Maple Tahini Dressing

Ingredients

For the Salad

- 4 cups halved brussel sprouts, roasted
- 4 cups diced roasted squash (butternut or acorn)
- 4 small beets, diced
- 2 cups tightly packed, finely chopped kale
- 1 apple, diced
- 1/2 cup chopped walnuts
- 1/2 cup dried cranberries
- 1/2 cup pomegranate arils

For the Tahini Maple Dressing

- 5 tbsp (75 g) tahini
- 2 tbsp maple syrup
- 2 tbsp apple cider vinegar
- 1 tbsp fresh lemon juice
- 3 cloves garlic
- 4-6 tbsp water, to reach desired consistency
- pinch of salt, to taste

Method

1. *To Roast the Brussel Sprouts.* Place the halved brussel sprouts on a pan, drizzle with a bit of olive oil, salt and pepper and roast at 400 degrees until tender.
2. *To Roast the Squash.* Place the diced squash on a pan, drizzle with a bit of olive oil, salt and pepper and roast at 400 degrees until tender.
3. *To Cook the Beets.* Place 4 diced small beets on a sheet pan, drizzle with a bit of olive oil, salt and pepper and roast at 400 degrees until tender.
4. *To Make the Dressing.* Add all the dressing ingredients to a blender and mix until smooth and creamy. I like my Ninja single-serve cup or immersion blender for this.
5. *To Assemble the Salad.* Place everything in a large bowl, top with the dressing and mix well. Serve immediately or store in the fridge for up to 4 days.