



## Grilled Brussels Sprouts, Pear & Pecan Salad

1 serving

20 minutes

### Ingredients

88 grams Brussels Sprouts (trimmed, outer leaves removed, halved)

8 milliliters Avocado Oil

750 milligrams Sea Salt (to taste)

2 Barbecue Skewers

30 grams Baby Spinach

1/2 Pear (cored, sliced)

25 grams Pecans (crushed)

30 grams Dried Unsweetened Cranberries

7 milliliters Lemon Juice (to taste)

### 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!

### Nutrition

Amount per serving	
Calories	421
Fat	26g
Saturated	2g
Carbs	48g
Fiber	11g
Sugar	32g
Protein	6g
Cholesterol	0mg
Sodium	342mg
Potassium	722mg
Vitamin A	3513IU
Vitamin C	90mg
Calcium	92mg
Iron	3mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	305µg
Thiamine	0.3mg

### 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.



---

Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	125µg
Vitamin B12	0µg
Phosphorous	155mg
Magnesium	81mg
Zinc	2mg
Selenium	3µg