



Sarah's Warm Brussels Sprouts and Butternut Squash Salad is a showcase of colorful flavor that is perfect for the upcoming fall and winter holiday season. Sarah Nasello / The Forum

Warm Brussels Sprouts and Butternut Squash Salad

Serves: 4 to 6

Brussels sprouts ingredients:

3 cups fresh Brussels sprouts, yellow leaves removed, ends trimmed, halved
2 tablespoons extra-virgin olive oil
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

Butternut squash ingredients:

1 1/2 lbs. butternut squash, peeled, seeded and diced into 1-inch cubes (about 4 cups)
3 tablespoons pure maple syrup
1 tablespoon extra-virgin olive oil
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

Other ingredients:

1 cup pecan halves, toasted

1 cup dried cranberries
2 tablespoons maple syrup, heated until warm
Salt and pepper to taste

Directions:

Preheat oven to 400 degrees and position oven rack in the top third and another rack in the bottom third of the oven.

Line 2 baking sheets with parchment or aluminum foil; set aside. Prepare the Brussels sprouts and butternut squash and roast them at the same time on separate racks.

For the Brussels sprouts:

In a medium bowl, toss the halved Brussels sprouts with olive oil, salt and pepper until combined. Place the sprouts in a single layer, face-side down, on parchment-lined baking sheet.

Roast in the oven on the top rack for 10 minutes, then turn the sprouts over for even browning and continue roasting for another 10 to 15 minutes until the cut sides are lightly browned and charred, but not blackened.

For the butternut squash:

In a medium bowl, add the cubed butternut squash, maple syrup, cinnamon, nutmeg, salt and pepper and toss until combined.

Place the butternut squash in a single layer on the other lined baking sheet. Place the sheet on the bottom rack and roast for 15 minutes, then toss the cubes and continue roasting until softened and lightly browned, about 10 to 15 more minutes.

For the pecans:

As the vegetables roast, place the pecan halves in a medium saute pan and cook over medium heat, stirring often, until fragrant and lightly toasted, about 5 to 8 minutes. Remove from pan and set aside. Pecans can burn quickly, so watch them carefully.

To assemble the salad:

In a large bowl, add the Brussels sprouts, butternut squash, toasted pecans and cranberries and gently toss to combine. Drizzle with the warm maple syrup and toss again until evenly coated. Season with salt and pepper to taste and serve warm or at room temperature.

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"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.