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)