



More than Food

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Roasted Brussels Sprout & Barley Salad with Goat Cheese, Cranberries, and Pepitas

Brussels sprouts are the “it” vegetable of the season—and for good reason! They become nutty and caramelized after a quick roast in the oven. Tossed over a barley salad with crunchy pepitas, sweet cranberries, and tangy goat cheese, this is one salad that is guaranteed to satisfy all your cravings.



Brussels Sprouts



Barley



Dried Cranberries



Goat Cheese



Pepitas



Balsamic Vinegar



Honey



Shallot



Arugula

Ingredients

	2 People	4 People
Brussels Sprouts	8 oz	16 oz
Barley 1)	¾ C	1½ C
Dried Cranberries	1 oz	2 oz
Goat Cheese 2)	4 oz	8 oz
Pepitas	1 oz	2 oz
Balsamic Vinegar	1 T	2 T
Honey	1 t	2 t
Shallot	1	2
Arugula	2 oz	4 oz
Olive Oil*	2 T + 1 t	4 T + 2 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Medium Pot, Strainer,
Large Oven-Proof Pan,
2 Medium Bowls

Nutrition per person Calories: 767 cal | Carbs: 93 g | Fat: 36 g | Protein: 26 g | Fiber: 20 g | Sodium: 206 mg

Make sure to wash and dry produce before prepping or cooking!



2

1 Cook the barley: Preheat the oven to 400 degrees. Place the **barley** in a medium pot with a large pinch of **salt** and enough water to cover. Bring to a boil and cook for 30-35 minutes, or until tender. Drain.

2 Prep the ingredients: Halve, peel, and thinly slice the **shallot**. Trim and halve the **Brussels sprouts**.



3

3 Heat a cast-iron or oven-proof pan over medium-high heat. In a medium bowl, toss the **Brussels sprouts** with **1 Tablespoon olive oil**, **salt**, and **pepper**.

4 Cook the Brussels sprouts: Place the **Brussels sprouts** cut side down in the pan. In the same bowl, toss the **shallots** with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Sprinkle the **shallots** on top of the **Brussels sprouts**. Cook, without stirring, for 3 minutes, then transfer the pan to the oven and cook for 8-10 more minutes, until the **Brussels sprouts** and **shallots** have softened.



4

5 Make the barley salad: In a medium bowl, toss the **drained barley** with the **arugula**, **half the cranberries**, **1 Tablespoon balsamic vinegar**, **1 teaspoon honey**, and **1 Tablespoon olive oil**. Season with **salt** and **pepper**.



5

6 Plate the meal: Plate the **barley salad** and top with the **roasted Brussels sprouts** and **shallots**, **goat cheese**, **pepitas**, and **remaining cranberries**. Enjoy!

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