



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Brussels Sprouts Panzanella Salad

Serves 6

Vinaigrette Ingredients:

¼ cup olive oil
½ cup white balsamic vinegar
1 tsp honey mustard
1 Tbsp agave nectar
Salt and pepper to taste

Whole Grain Crouton Ingredients:

1 small loaf of whole grain Italian bread,
cut into cubes (about 5 – 6 cups)
¼ cup olive oil
2 tsp minced garlic
¼ cup grated Parmesan cheese

Panzanella Ingredients:

1 small head of radicchio, thinly sliced
4 ounces of prosciutto, chopped
1 pound of Brussels sprouts, trimmed and quartered
1 Tbsp of olive oil
¼ cup pomegranate seeds

Directions:

1. Preheat the oven to 425° F.
2. Prepare the balsamic vinaigrette, whisk together all of the ingredients.
3. Prepare the croutons: In a mixing bowl whisk together the olive oil and garlic. Add bread crumbs and toss to coat. Transfer to a baking sheet and top with the Parmesan cheese. Bake at 425° F for 6 – 8 minutes, until golden brown.
4. Place the trimmed Brussels sprouts on a baking sheet and drizzle with olive oil. Bake for 15 – 20 minutes at 425° F, until the Brussels sprouts are crispy.
5. While the Brussels sprouts are roasting, in a skillet, cook the prosciutto until crispy.
6. To serve the salad on a large serving plate start with the shredded radicchio and then top with the roasted Brussels sprouts, croutons, prosciutto, and drizzle the prepared balsamic vinaigrette. Then finish with pomegranate seeds.

Nutrition Facts (per serving): 330 calories, 21 grams fat, 5 grams saturated fat, 0 grams trans fat, 20 milligrams cholesterol, 560 milligrams sodium, 25 grams carbohydrates, 4 grams fiber, 6 grams sugar, 12 grams protein