

# Fall Harvest Salad

Salad ingredients: Makes 750 mL of salad

1 lb Brussels sprouts (approx. 4 cups)

2/3 cup dried cranberries

3 Tbsp pumpkin seeds

1/4 cup goat feta cheese (can substitute regular feta cheese too)

1 bosc pear



Dressing: (enough for 1-2 batches of Brussels sprouts salad)

1/3 cup balsamic vinegar

1/2 cup olive oil

2 Tbsp Dijon mustard

1 Tbsp honey

Dash of salt and pepper to taste

Directions:

1. Chop Brussels sprouts and pour in large bowl
2. Dice pear and add to Brussels sprouts in bowl
3. Measure and add remaining salad ingredients, stir well
4. Measure out and whisk together salad dressing ingredients. Add to salad just before serving.