Romaine Salad
with Roasted Brussels Sprouts, Apples, Pecans & Goat Cheese

Recipe from Monsignor Michael J. Begolly

DRESSING
Prepare dressing by adding ingredients to a jar and shaking until emulsified.

- ½ tsp. Dijon mustard
- ½ cup olive oil
- 2 tbsp. Champagne Vinegar
- ¼ tsp. garlic powder
- 2 tbsp. pure maple syrup
- A squeeze of fresh lemon juice

SALAD

- 1 pound large Brussels sprouts
- ½ cup chopped pecans
- 3 tbsp. olive oil
- 8 oz goat cheese, crumbled
- ¼ tsp. kosher salt
- 2 crisp fall apples, coarsely chopped*
- ¼ tsp. coarse black pepper
- 2 romaine hearts, chiffonade cut
- Splash of maple syrup

DIRECTIONS:

1. Preheat oven to 400˚F.

2. Prepare Brussels sprouts by cutting in half, removing hard inner core and separating leaves on a foil-lined baking sheet. Drizzle olive with oil. Sprinkle with salt and pepper, and gently massage the leaves by hand to cover all surfaces with the oil. Roast for 10 minutes. Remove from oven, and gently stir and turn leaves with spatula and return to oven.

3. Roast for 10 additional minutes. Remove from heat, add pecans and splash of maple syrup and gently stir.

4. Return to oven for 2 minutes, watching carefully and removing as soon as most of the leaves are light brown.

Remove immediately to cool baking tray to stop roasting.

5. Place lettuce, apples and dressing in bowl and mix to coat. Divide among plates. Top with cooled Brussels sprout/pecans. Sprinkle with crumbled goat cheese. Drizzle any remaining dressing over the salads.

* To prevent apples from turning brown after chopping, place in bowl of lemon water. Drain on a paper towel before adding to lettuce and dressing.