



SERVES 4



PREP TIME: 20 MIN.



COOK TIME: 20 MIN.

Maple-Spiced Carrots, Brussel Sprout, Kale, Cabbage & Dried Apricot Salad

ingredients

- 1 lb. Maple-Spiced Carrots - *recipe below*
- 2 cups Brussels Sprouts - *sliced thinly*
- 1 bunch Dino Kale or Tuscan Kale - *sliced into ribbons*
- 1 each Small Red Onion - *rinsed in cold water, thinly sliced*
- 2 cups Napa Cabbage - *sliced thinly*
- ¼ cup Dried Apricots - *diced small*
- Salt and Pepper - *as needed*

directions

1. Prepare carrots and set aside.
2. Prepare vinaigrette.
3. Add all ingredients in a large bowl and toss with vinaigrette.
4. Season with salt and pepper, as desired.

Maple-Spiced Carrots

ingredients

- 1 lb. Carrots – *leave whole if small or cut into ½-inch pieces if large*
- 1 tsp Olive Oil
- ½ tsp Smoked Paprika
- ¼ tsp Cinnamon
- ¼ tsp Ground Ginger
- 3 tbs Maple Syrup
- ¼ tsp Salt
- ¼ tsp White Pepper

directions

1. Preheat oven to 375°F.
2. If needed, cut carrots and toss with spices and maple syrup.
3. Bake on a baking sheet for about 18 minutes or until golden brown and tender.

Vinaigrette

ingredients

- 3 Tbsp Olive Oil
- 1 Tbsp Rice Wine Vinegar
- ½ Tbsp Honey
- ½ tsp Dijon Mustard
- As needed Salt and Pepper

directions

1. Combine all ingredients into a container with a lid and shake well.

Recipe crafted by Senior Executive Chef
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