



AULTCARE WELLNESS RECIPE

ROASTED BRUSSELS SPROUT & BUTTERNUT SQUASH SALAD



Ingredients:

4½ cups cubed butternut squash

3 medium shallots, quartered

4½ tsp olive oil, divided

1 lb fresh Brussels sprouts, halved lengthwise or cut into quarters

½ tsp salt, divided

1 Tbsp plus 1½ tsp sherry vinegar

1 Tbsp tahini

1 tsp pure maple syrup

1 tsp finely chopped fresh rosemary

½ tsp ground pepper

⅓ cup dried cherries

⅓ cup chopped toasted pecans or walnuts (Optional)



TIMKEN



Instructions:

Step 1:

Preheat oven to 425° F. Combine squash, shallots and 1 ½ teaspoons oil on a large rimmed baking sheet; toss to coat well. Roast until almost tender and starting to brown, about 20 minutes.

Step 2:

Meanwhile, combine Brussels sprouts, 1 ½ teaspoons oil and ¼ teaspoon salt in a bowl; toss to coat well.

Step 3:

Remove the baking sheet from the oven; add the Brussels sprouts to the squash mixture and spread the vegetables in an even layer. Continue roasting until all the vegetables are tender and browned, about 20 minutes.

Step 4:

Meanwhile, whisk vinegar, tahini, maple syrup, rosemary, pepper and the remaining 1 ½ teaspoons oil and ¼ teaspoon salt in a small bowl.

Step 5:

Transfer the roasted vegetables to a large bowl. Add cherries and the dressing; toss to coat. If desired, sprinkle with nuts. Serve immediately, or let stand at room temperature for up to 4 hours. (The salad may be refrigerated in an airtight container for up to 2 days. Let stand at room temperature for 30 minutes before serving.)



AULTCARE WELLNESS RECIPE

POMEGRANATE, CRANBERRY & CHEESE BITES



Ingredients:

¾ cup pomegranate seeds

½ cup fresh or frozen chopped cranberries, thawed

2 Tbsp sugar or raw honey

1 tsp orange zest

Dash of salt

16 rice or almond crackers

1 (4-6 oz) log goat or brie cheese, cut diagonally into 16 slices

1 Tbsp finely chopped fresh basil

delicious

TIMKEN



Instructions:

Step 1:

Combine pomegranate seeds, cranberries, sugar, orange zest, and salt in a small bowl. Cover and chill up to 3 days.

Step 2:

To serve, top one cracker with a slice of goat cheese. (If using brie, bake cracker topped brie in an oven at 350° for 4 minutes to melt.)

Step 3:

Stir basil into pomegranate mixture and spoon on top of rice or almond crackers. Serve room temperature or chilled.

