



A Recipe from

Kitchen



DR. SINATRA'S

ROASTED BRUSSELS SPROUT & SPINACH SALAD

If you're looking for a salad that's as satisfying as a whole meal, this is the one. Roasting [Brussels sprouts](#) gives this earthy vegetable a deeper and richer flavor. It is a filling lunch salad as is; add roasted wild salmon for a fine dinner.

Choose organic produce whenever possible

- 10 Brussels sprouts, trimmed and cut into 1/4 -inch slices
- 1 tablespoon light [olive oil](#)
- 3 tablespoons lemon juice
- 1 teaspoon dried oregano
- 4 tablespoons roughly chopped unsweetened dried mango
- 1 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon balsamic vinegar
- 1 tablespoon raw or roasted [pumpkin seeds](#)
- 4 cups fresh baby [spinach](#)
- 1 tablespoon broccoli sprouts

Place an oven rack on the middle shelf of the oven and preheat to 400°F. Place the Brussels sprouts on a baking sheet in a single layer. In a small bowl, combine the light olive oil, lemon juice, oregano, mango, salt and pepper and whisk until well blended. Toss the Brussels sprouts with the olive-oil mixture. Roast for 15 minutes, or until the sprouts are tender. Halfway through the cooking process, toss the Brussels sprouts. Some of the smaller pieces may cook more quickly and begin to darken. While the sprouts are roasting, prepare the salad dressing. In a large bowl, combine the extra-virgin olive oil and vinegar and whisk until well blended. Stir in the pumpkin seeds. Remove the Brussels sprouts from the oven and add them to the bowl with the salad dressing, along with the spinach and broccoli sprouts. Toss thoroughly and serve. Serves 2.

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