

## Roasted Harvest Bowl with Apple Cider Vinegar Dressing

- 2 -3 oz chicken breasts, sliced
- 1 cup roasted Brussels sprouts
- 1 large butternut squash, peeled and chopped
- 1 teaspoon olive oil
- 1/2 teaspoon Himalayan sea salt
- 1/2 teaspoon pepper
- 2 crisp apple, thinly sliced
- 2 cups Baby spinach
- 1 tablespoon roasted sunflower seeds
- Cinnamon and cayenne pepper (optional)

### **Apple Cider Vinegar Dressing: (serving size 1 tsp)**

- 1/2 cup olive oil
- 2 tablespoons of whole grain mustard
- 2-3 tablespoons apple cider vinegar
- 1 clove garlic
- 1 teaspoon Himalayan sea salt
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cinnamon



1. Preheat oven to 400°F. Add chopped butternut squash chunks to a baking sheet with oil, sea salt and pepper. Feel free to add a sprinkle of cinnamon and cayenne as well. Toss to coat and pop in the oven for 30-40 minutes, or until squash is tender.

2. While butternut squash is roasting, make dressing by adding all ingredients into a blender and blending until smooth.

3. To make the salad bowls, add a base of baby spinach to two bowls. Top with 1 piece of chicken, 1/2 cup roasted Brussels sprouts, 1/2 cup roasted butternut squash and apple slices. Drizzle on the apple cider dressing and top with roasted seeds.

Makes 4 servings.

Serving Size = 3 ounces of chicken, 2 cups of veggies, 1 apple and 1 teaspoons of dressing for a complete meal.

