Shaved Brussels Sprout Salad with Maple-Dijon Vinaigrette

Crisp Honeycrisp apples, caramelized maple squash, and crunchy maple pecans tossed with shaved Brussels sprouts and a tangy shallot vinaigrette. The pomegranate gives you those little juicy pops, and the shaved Parmesan makes me keep going back for another bite. This is the kind of salad people actually go back for seconds of. Even on Thanksgiving.

Serves 8–10 as a side
Prep time 20 minutes
Cook time 35–45 minutes
Total time About 1 hour

Ingredients

For the salad

- 1 lb Brussels sprouts, trimmed and thinly shaved
- 2–3 cups cubed butternut squash, maple-roasted (see below)
- 1 Honeycrisp apple, chopped
- ¾ cup pomegranate arils
- ½ cup dried cranberries
- 3 green onions, thinly sliced
- ½ cup shaved Parmesan
- ½ small shallot, finely minced, for topping
- 1 cup maple-candied pecans (see below), or regular toasted pecans

For the maple-roasted squash

- 1 medium butternut squash, peeled and cut into ¾-inch cubes (2–3 cups)
- 1 tbsp olive oil
- 1 tbsp pure maple syrup
- Salt and pepper, to taste

For the maple-candied pecans

- 1 cup pecans
- 2 tbsp pure maple syrup
- Pinch of salt
- ¼ tsp ground cinnamon, optional

For the maple-Dijon vinaigrette

- ⅓ cup olive oil

- 3 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp pure maple syrup
- 1 small shallot, finely minced
- ½ tsp orange zest, optional
- Salt and freshly ground black pepper, to taste

Instructions

1. **Start the squash.** Preheat the oven to 350°F. Toss the cubed squash with the olive oil, salt, and pepper. Spread it in a single layer on a parchment-lined baking sheet and roast for 20 minutes. Drizzle with the maple syrup, toss, and return it to the oven for another 15–25 minutes, until fork-tender and golden at the edges. Let it cool slightly.
2. **Roast the pecans alongside the squash.** Toss the pecans with the maple syrup, salt, and cinnamon if using. Spread them in a single layer on a separate parchment-lined baking sheet. Slide them into the oven when you add the maple syrup to the squash. Roast for 10–12 minutes, stirring halfway through, until fragrant and lightly toasted. Let them cool completely on the pan so they crisp up.
3. **Make the vinaigrette.** Whisk together the apple cider vinegar, Dijon, maple syrup, shallot, orange zest if using, salt, and pepper. Slowly drizzle in the olive oil while whisking.
4. **Dress the Brussels sprouts.** Toss the shaved Brussels sprouts with about half the vinaigrette and let them sit for 10 minutes to soften slightly and soak up the dressing.
5. **Assemble the salad.** Add the roasted squash, apple, pomegranate, cranberries, green onions, and most of the Parmesan and pecans. Toss gently, adding more vinaigrette to taste. Finish with the remaining Parmesan and pecans, then sprinkle the finely minced shallot over the top.

Make Ahead

Roast the squash, shave the Brussels sprouts, and make the vinaigrette the day before. Refrigerate them separately and keep the cooled pecans in an airtight container at room temperature. Chop the apple and toss everything together just before serving so the pecans stay crunchy.