

Shaved Brussel Sprouts with Roasted Beets and Acorn Squash

12 ounces beets
1 acorn squash
1 clove garlic
1 lemon
1 teaspoon honey
½ cup grated Parmesan cheese, divided
1 pound Brussels sprouts
5 tablespoons olive oil
kosher salt
black pepper

Roast Beets

Preheat oven to 425° F. Trim and discard beet stems. Wash and scrub beets, then pat dry with paper towel. Halve lengthwise and cut each half into 8 wedges. Arrange in a single layer on a foil-lined baking sheet. Drizzle over 1 tablespoon olive oil and season with salt and pepper. Roast until tender, about 30 minutes.

Roast Squash

Meanwhile, halve acorn squash lengthwise. Using a large spoon, scoop out seeds and discard. Cut each half into 1-inch wedges. Arrange in a single layer on another foil-lined baking sheet. Drizzle over 1 tablespoon olive oil and season with salt and pepper. Roast below beets until tender and slightly golden, about 15 minutes.

Make Garlic Paste

Mince garlic. On a cutting board, sprinkle over 1 teaspoon salt and, using a large knife, carefully scrape over at a 45° angle with a large knife, pressing down. Repeat until garlic is broken down and paste forms.

Prepare Dressing

In a medium bowl, whisk together garlic paste, juice of 1 lemon, honey, and 3 tablespoons olive oil. Season with salt and pepper. Stir in ¼ cup grated Parmesan cheese.

Prepare Brussels Sprouts

Wash Brussels sprouts and trim roots. Halve lengthwise, then slice as thinly as possible. Add to bowl with dressing and toss to coat.

Plate Brussels Sprouts

Taste roasted beets and squash and add salt and pepper as needed. Divide evenly between 2 plates and top with shaved Brussels sprouts. Garnish with remaining grated Parmesan cheese and serve.

Cooking Tip: Salt helps to break down garlic and pull out its natural juices. By repeatedly scraping down and pressing the two together, you'll get a paste!