

# Roasted Vegetable Salad with Lentils

|            |   |
|------------|---|
| Prep Time  | 20 mins                                       |
| Total Time | 1 hr  |
| Meal Type  | Lunch,Dinner,Side                             |
| Source     | <a href="#">Living Plate Teaching Kitchen</a> |
| Servings   | 6   |



## Salad

### Ingredients

lb,c g,ml

- 1 medium butternut squash, *peeled, seeded and diced into 1/2 inch pieces*
- 2 carrots, *peeled and diced into 1/2 inch pieces*
- 2 parsnips, *peeled and diced into 1/2 inch pieces*
- 3 small beets, *peeled and diced into 1/2 inch pieces*
- 2 Tbs olive oil
- 1 tsp thyme, dried
- 1 tsp rosemary, dried
- 1 1/2 cups lentils, canned, *drained and rinsed*
- 2 cloves garlic, *smashed and peeled*
- 1/4 cups parsley, *chopped*
- 6 scallions, *chopped*
- salt, *to taste*
- black pepper, *to taste*

### Directions

#### Prep

1. Preheat oven to 400° F.
2. Line 2 baking sheets with parchment paper.
3. Prepare vegetables according to instructions.

#### Make

1. Place squash, carrots, parsnips, and beets in a large bowl. Toss with two tablespoons of olive oil salt, thyme, and rosemary.
2. Roast until vegetables are just fork tender, about 30-40 mins.
3. Meanwhile, drained and rinse canned lentils. Add to a large bowl with garlic, salt, and pepper.
4. Add roasted vegetables and toss with enough dressing to coat.
5. Garnish with fresh parsley and scallions.

## Dressing

### Ingredients

lb,c g,ml

- 1/4 cups sherry vinegar
- 2 tsp Dijon mustard
- 1/2 cups olive oil
- salt, *to taste*

### Directions

#### Make

1. Add all dressing ingredients to a mason jar with a lid and shake to combine.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

| <b>Nutrition Facts</b>  |            | Amount/serving         | % Daily Value* | Amount/serving                 | % Daily Value* |
|---|------------|------------------------|----------------|--------------------------------|----------------|
| <b>Calories</b><br>per serving  | <b>377</b> | <b>Total Fat</b> 19.3g | 29%            | <b>Total Carbohydrates</b> 39g | 13%            |
|   |            | Saturated Fat 2.8g     | 13%            | Dietary Fiber 9g               | 36%            |
|   |            | Trans Fat 0.0g         |                | Total Sugars 8g                |                |
|   |            | Cholesterol 0mg        | 0%             | <b>Protein</b> 6g              |                |
|   |            | <b>Sodium</b> 460mg    | 19%            |                                |                |
| Vitamin D 0mcg 0% · Calcium 135mg 13% · Iron 3mg 16% · Potassium 1077mg 22% |            |                        |                |                                |                |

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -