



Warm Lentil, Roasted Sweet Potato & Brussels Sprouts Salad

4 servings
30 minutes

Ingredients

- 2 Sweet Potato (medium. sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Green Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	12g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g
Vitamin C	95mg
Calcium	205mg
Iron	8mg
Vitamin D	0IU
Folate	371µg
Vitamin B12	0µg
Magnesium	135mg

Directions

- 1 Preheat the oven to 220 degrees. Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

- Can't Digest Lentils:** Use chickpeas, tempeh, or tofu instead.
- No Brussels Sprouts:** Use broccoli instead.

Zinc

3mg