



# LOADED LENTIL SALAD

with Honey-Roasted Sweet Potatoes and Brussels Sprouts

PREP: 10 MIN  
TOTAL: 35 MIN

LEVEL 1

VEGGIE

GLUTEN FREE

NUT FREE



## HELLO HONEY-ROASTED SWEET POTATOES

Extra-sweet and perfectly caramelized



### INGREDIENTS:

- Sweet Potato
- Red Onion
- Brussels Sprouts
- Herbes de Provence
- Honey
- French Lentils
- Veggie Stock Concentrate
- Balsamic Vinegar
- Feta Cheese (Contains: Milk)
- Pepitas

### FOR 2 PEOPLE:

- 12 oz
- 1
- 8 oz
- 1 tsp
- 1 tsp
- ½ Cup
- 1
- 2 TBSP
- ¼ Cup
- 1 oz

### FOR 4 PEOPLE:

- 24 oz
- 2
- 16 oz
- 2 tsp
- 2 tsp
- 1 Cup
- 2
- 4 TBSP
- ½ Cup
- 2 oz

### NUTRITION PER SERVING

612 cal | Fat: 24 g | Sat. Fat: 5 g | Protein: 24 g | Carbs: 78 g | Sugar: 19 g | Sodium: 501 mg | Fiber: 16 g

## START STRONG

**Do not, we repeat, do NOT salt your lentils before cooking.** If you do, these little legumes will have to simmer for a considerably longer amount of time before losing their crunch.

## BUST OUT

- Peeler
- Medium bowl
- Foil
- Baking sheet
- Olive oil
- Medium pot
- Strainer
- Medium pan
- Large bowl
- Whisk



### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat oven to 425 degrees. Peel and cut **sweet potato** into ½-inch cubes. Halve, peel, and finely chop **red onion**. Trim, halve, and thinly slice **Brussels sprouts** into shreds.

### 2 ROAST THE SWEET POTATOES

Combine **sweet potatoes**, **Herbes de Provence**, **1 tsp honey**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper** in a medium bowl. Spread onto a foil-lined baking sheet, and roast 11-13 minutes. Toss and roast until golden brown, another 11-13 minutes.

### 3 COOK THE LENTILS

Heat a drizzle of **olive oil** in a medium pot over medium heat. Add **onion** and toss until softened, 4-5 minutes. Add **lentils**, **stock concentrate**, and enough water to cover **lentils** by 2 inches. Bring to a boil, then reduce to a low simmer until tender, 15-20 minutes.



### 4 DRAIN THE LENTILS AND COOK THE BRUSSELS SPROUTS

Add a large pinch of **salt** to **lentils** for the final 5 minutes. Drain, return to pot, and cover to keep warm. Heat a drizzle of **olive oil** in a medium pan over medium heat. Add **Brussels sprouts** and toss until slightly golden brown, 4-5 minutes. Season with **salt** and **pepper**.

### 5 TOSS

Whisk together **balsamic vinegar** and a large drizzle of **olive oil** in a large bowl. Season to taste with **salt** and **pepper**. Toss in **lentils**, **Brussels sprouts**, and **roasted potatoes**. Season to taste with **salt** and **pepper**.

### 6 PLATE

Serve topped with a sprinkle of **feta cheese** and **pepitas**. Enjoy!

## BON APPETIT!

You mastered the art of a low simmer so those lentils aren't too hard or too mushy.

