

French Lentil Salad

with Honey Roasted Sweet Potatoes and Brussels Sprouts

Here it is, your new go-to for a quick and healthy weeknight dinner. We're tossing hearty lentils with Brussels sprouts and honey-roasted sweet potatoes for the perfect combination of flavor and texture. A sprinkling of feta and pepitas finishes the dish off with a bite.



30 min



level 1





veggie













French Lentils





Red Onion



Pepitas





Brussels Sprouts



Balsamic Vinegar



Honey



Vegetable Stock **C**oncentrate



Italian Seasoning

Ingredients		2 People	4 People	*Not Included	
French Lentils		½ c	1 c		
Sweet Potatoes		12 oz	24 oz	Allergens 1) Milk 1 Tools Peeler, Medium Bowl,	
Red Onion		1	2		
Pepitas		1 oz	2 oz		
Feta Cheese	1)	½ c	1 c		
Brussels Sprouts		8 oz	16 oz		
Balsamic Vinegar		2 T	4 T		
Honey		1 t	2 t		
Vegetable Stock Concentrate		1	2	Baking Sheet, Medium Pot,	
Italian Seasoning		1 t	2 t	Strainer, Large Bowl, Whisk, Medium Pan	
Oil*		2 T	4 T		

Nutrition per person Calories: 672 cal | Fat: 27 g | Sat. Fat: 7 g | Protein: 27 g | Carbs: 85 g | Sugar: 24 g | Sodium: 661 mg | Fiber: 17 g

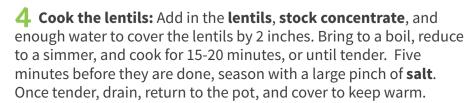
Make sure to wash and dry produce before prepping or cooking!



- 1 Prep the ingredients: Preheat the oven to 425 degrees. Peel and cut the **sweet potato** into ½-inch cubes. Halve, peel, and finely chop 1 cup red onion. Trim and thinly slice the Brussels sprouts into shreds
- **2** Roast the sweet potatoes: In a medium bowl, toss together the sweet potatoes, **1** teaspoon honey, a large drizzle of olive oil, and the **Italian seasoning**. Spread out on a baking sheet and roast for 20-25 minutes, tossing halfway through cooking, until golden brown.



3 Cook the onions: Heat a drizzle of olive oil in a medium pot over medium heat. Add the **onion** and cook, tossing for about 5 minutes, until softened.





- **5** Sauté the Brussels sprouts: Heat a drizzle of oil in a medium pan over medium heat. Add the Brussels sprouts to the pan and cook, tossing for 4-5 minutes, until slightly golden brown. Season to taste with salt and pepper.
- 6 Assemble the French lentil salad: In a large bowl, combine the balsamic vinegar and a pinch of salt and pepper. Slowly whisk in a large drizzle of olive oil. Toss in the warm lentils, Brussels sprouts, and roasted sweet potatoes. Season to taste with salt and pepper.



7 Finish and plate: Serve the French lentil salad with a sprinkle of feta and pepitas on top. Enjoy!