

# Lentil, Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 425°F (218°C). 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

### No Brussels Sprouts

Use broccoli instead.

### No Lentils

Use chickpeas, tempeh, or tofu instead.

## 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	Vitamin C	95mg
Fat	12g	Calcium	205mg
Saturated	2g	Iron	8mg
Carbs	50g	Vitamin D	0IU
Fiber	16g	Vitamin B6	0.6mg
Sugar	10g	Folate	371µg
Protein	17g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	135mg

Sodium	199mg	Zinc	3mg
Potassium	1336mg	Selenium	10µg
Vitamin A	15576IU		