

EASY | RECIPE

Curried Sweet Potato and Crispy Lentil Salad

Ingredients:

Dressing

2 tbsp **extra virgin olive oil**
1 tbsp **balsamic vinegar**
¼ tsp **Dijon mustard**

Salad:

1 can (14 oz.) **low-sodium lentils**, rinsed and patted dry
2 cups **sweet potatoes**, peeled and ½-inch diced
1 tbsp **extra virgin olive oil**
1½ tsp **curry powder** (mild or spicy)
¼ tsp **salt**
¼ tsp **pepper**
6 cups **mixed salad greens**
½ cup **pomegranate seeds**

Method:

1. **Preheat** oven to 400°F.
2. **Line** a baking sheet with foil or parchment paper.
3. **Whisk** dressing in a small bowl and set aside.
4. **In** a medium-sized bowl, mix lentils and sweet potatoes with oil, curry powder, salt and pepper; place mixture on the lined baking sheet.
5. **Roast** 20 minutes, stir, then roast another 20 minutes until lentils are crisp.
6. **Meanwhile**, arrange salad greens on a large platter.
8. **Top** greens with warm sweet potato-lentil mix and pomegranate seeds.
9. **Add** dressing and toss to coat.
10. **Serve** warm.



Makes 4 servings. Per serving:

312 calories | 12g protein | 11g total fat | 1g saturated fat | 8g mono fat | 2g poly fat |
0mg cholesterol | 44g carbohydrate | 5g sugar | 12g fiber | 490mg sodium

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