

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Roasted Vegetable and Lentil Salad

This recipe easily adjusts to include seasonal vegetables, such as asparagus in the spring and zucchini, tomatoes and eggplant in the summer.

4 servings

Lentils:

- ¾ cup dried French green lentils, rinsed
- 1 large clove garlic, peeled and halved
- 1½ cups water
- ½ teaspoon salt
- 1 large shallot, very thinly sliced
- ¾ cup celery, thinly sliced
- 2 tablespoons chopped celery leaves

Roasted Veggies:

- 1 large red bell pepper, cut into ½-inch lengthwise strips
- ½ pound carrots, halved lengthwise if thick, otherwise left whole
- 1 red onion, peeled, halved and cut into 1-inch wedges
- 1 medium delicata squash cut into ¼-inch rounds, and seeded
- OR* a small buttercup squash, halved, seeded and cut into ½-inch wedges
- 1 sweet potato or yam, quartered and cut into ½-inch wedges
- 2 tablespoons extra virgin olive oil
- Sea salt and freshly ground black pepper to taste

Dressing:

- 1½ tablespoons whole grain mustard
- 2 tablespoons seasoned “lite” rice vinegar
- 1 tablespoon white wine vinegar
- 6 tablespoons extra virgin olive oil

Garnish:

- 2 tablespoons chopped parsley
- 2 tablespoons thinly sliced green onions for garnish

Preheat the oven to 425 degrees.

Place the lentils and garlic into a medium saucepan with the water and salt. Bring the water to a boil. Cover the pan and lower the heat so the water simmers. Cook until the lentils are tender, about 45 minutes. Turn off the heat, stir in the sliced celery and shallot and let the lentils sit in the covered pan for 5 minutes.

While the lentils are cooking, prepare the veggies and toss them in the olive oil. Divide them among two rimmed baking sheets and lightly season them with sea salt and freshly ground pepper. Roast the veggies, turning once after 20 minutes. Continue roasting another 20 minutes until they are tender and blackened.

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Prepare the dressing by combining the mustard and vinegar in a small bowl. Drizzle in the olive oil while whisking continuously.

Discard the garlic from the lentils. Pour the lentils into a strainer to remove any extra cooking liquid. (Note: this liquid is delicious. Drink it as is or add it to a pot of soup.) Toss the lentils with 2/3 of the dressing, adjusting the salt and pepper to taste. Stir in the chopped celery leaves.

Divide the lentils among 4 plates and top them with an assortment of the roasted vegetables. Drizzle the remaining dressing over the salads and sprinkle with the chopped parsley and thinly-sliced green onion.

