



Warm + Roasted Winter Salad Bowl



How good does this recipe look?!!!!!!

The ultimate bowl of winter comfort food! Sweet potatoes and green beans are roasted until golden and then tossed with warm lentils and quinoa, shredded kale, green onion, and a quick red wine vinaigrette. Topped with crunchy pumpkins seeds and sesame seeds and sliced avocado. This recipe will make you enough to have lunch for the work week! So make this batch on a Sunday and have it during the week . . .

SALAD:

- 1 cup uncooked quinoa + 1.5 cups water
- 1 cup of uncooked lentils (soak them the day before)
- 2 cups of low-sodium Chicken Broth
- 2-3 Medium-Size Sweet Potatoes, Diced (about 3 cups)
- 1 pound fresh green beans, trimmed and chopped into 1-inch pieces (about 3 cups)
- 3 large garlic cloves (minced)
- 1-2 Tablespoon Extra Virgin Olive Oil
- 1.5 cups finely chopped kale (remove stems)
- 3 green onions, thinly sliced
- 3 Tablespoons Sunflower Seeds or Pumpkin Seeds

Per Serving . . .

- You can add a ½ teaspoon of sesame seeds at the last minute to each serving (per serving)
- Sliced avocado (each serving will have a ¼ of an avocado)

DRESSING:

- ¼ cup red wine vinegar
- ¼ cup extra virgin olive oil
- 2 teaspoons Dijon mustard
- ¼ teaspoon pink Himalayan salt or fine grain sea salt
- Freshly ground pepper, to taste

DIRECTIONS:

- Preheat oven to 400F and line one extra-large (or 2 large) baking sheets with parchment paper.
 - Place the chopped sweet potatoes, green beans, and minced garlic (leave the peel on) onto the baking sheet.
 - Toss with the oil and season with a generous amount of salt and pepper. Spread into an even layer.
 - Roast for 15 minutes, turn/flip with spatula, and continue roasting about 10-20 more minutes until the potatoes and beans are tender and potatoes slightly browned.
 - Take the 1 cup of uncooked lentils that you soaked overnight – and add to a pot with 2 cups of low-sodium chicken broth and a sprinkle of garlic powder. Bring to a boil, then reduce heat and simmer until lentils are soft (about 20 minutes – stirring occasionally).
 - Meanwhile, cook the quinoa by adding the quinoa into a medium pot along with 1.5 cups water. Bring to a low boil, reduce heat to medium-low, cover with lid, and cook for 13-17 minutes until the water is absorbed and the quinoa is fluffy. Remove from heat, fluff with a fork, and leave the lid on to keep warm.
 - Prepare the dressing by whisking the dressing ingredients together in a small bowl. Set aside.
 - Chop the kale and green onions.
 - When the potatoes and green beans are done roasting, spoon into a large serving bowl. Stir in the quinoa and the other ingredients.
 - Mix dressing and pour over all ingredients in the bowl -- Season with salt and pepper to taste and serve!
- Leftovers can be reheated in a saucepan with a Tablespoon of Extra Virgin Olive Oil – this salad will keep in the fridge for a few days..*