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# SPICED LENTILS & VEGGIES

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(Gluten-Free, Dairy-Free, Nut-Free, Egg-Free, Vegetarian, Vegan)

**Yield:** 4 servings    **Total time:** 45 minutes

## Ingredients

### Lentils:

- 3 cups water
- 1 cup French green OR Black beluga lentils
- 1 tbsp olive oil
- 1 lemon, zested & squeezed
- Seasonings: 1 tsp garlic powder, ½ tsp coriander, ½ tsp cumin, ¼ tsp allspice

### Vegetables:

- 2 cups root vegetables
- 2 cups chopped kale
- 3 garlic cloves
- 1 red onion
- 1 tbsp olive oil
- Seasonings: 1 tsp garlic powder, ½ tsp coriander, ½ tsp cumin, ¼ tsp allspice
- 2 tbsp tahini
- Fresh parsley

## Directions

1. Preheat oven to 450 degrees. Wash and chop root vegetables and kale. Slice onion and mince garlic. Spray baking sheet with nonstick spray.
2. Prepare root vegetables: Place root vegetables, onion and garlic in a medium bowl. Toss with olive oil and seasonings. Spread onto baking sheet. Place in the oven to roast for 25- 30 minutes.



## D'LISH

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## Grocery List

- Lentils
- Root Vegetables
- Onion & Garlic
- Kale
- Tahini
- Dried seasonings
- Olive oil
- Lemon
- Tahini
- Fresh Parsley

## Kitchen Equipment

- Cutting board
- Chefs knife
- Measuring cups & spoons
- Baking sheet
- Pot with top
- Colander
- Lrg & med bowl
- Colander
- Microplane

3. Prepare lentils: In a medium pot combine water, lentils, and seasonings. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until tender, 25 to 30 minutes. Uncover and continue simmering until the liquid reduces, about 5 more minutes. Drain in a colander.
4. Take vegetables out of the oven and let cool.
5. Transfer lentils into a large bowl. Add chopped kale, oil, lemon zest and juice.
6. Divide lentil mixture among 4 bowls. Top with root vegetables and tahini. Garnish with fresh parsley and serve.

Per serving: 386 Calories; Total Fat 14g; Saturated Fat 2g; Sodium 70mg;  
Total Carbohydrates 50g; Fiber 20g; Protein 18g

### Ingredient tip

- You want to use black beluga lentils or French green lentils instead of brown when you want lentils to hold their shape (instead of breaking down) when cooked.

### Nutrition Information

- Lentils are a great source of plant-based protein, complex carbohydrates and fiber. They are low in sodium, fat, and cholesterol.
- Lentils are rich in folate, potassium, fiber and antioxidants which makes them a great choice for heart- health and blood sugar control.
- Root vegetables are also heart-healthy due to being packed with fiber and antioxidants. These nutrients can aid to help improve blood pressure and manage blood sugar levels.
- Tahini is made from toasted and ground sesame seeds and a great source of fiber, protein and healthy fats. Incorporating tahini into a balanced diet can aid to reduce heart-disease risk and inflammation.

For more recipes go to [dlishkitchen.org](http://dlishkitchen.org)