



Warm Lentil & Sweet Potato Salad

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Broth (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

Nutrition

Amount per serving	
Calories	336
Fat	1g
Saturated	0g
Carbs	63g
Fiber	19g
Sugar	11g
Protein	21g
Cholesterol	0mg
Sodium	587mg
Potassium	1268mg
Vitamin A	12867IU
Vitamin C	28mg
Calcium	121mg
Iron	9mg
Vitamin D	0IU
Folate	443µg
Vitamin B12	0µg
Magnesium	123mg
Zinc	3mg

Directions

- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

Serving Size: One serving is equal to approximately 1 1/2 cups of salad.

No Sweet Potato: Use cubed butternut squash instead.



Selenium

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