



Lentil Salad with Maple Roasted Squash

4 servings
30 minutes

Ingredients

2 cups Butternut Squash (chopped into 1 cm cubes)
1 1/2 tsps Avocado Oil
1/4 tsp Sea Salt (divided)
2 tsps Maple Syrup
1/4 cup Extra Virgin Olive Oil
2 tsps Apple Cider Vinegar
1/4 tsp Cinnamon
2 cups Lentils (cooked, from the can)
4 stalks Green Onion (chopped)
1/4 cup Dried Unsweetened Cranberries
1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	338
Fat	16g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	42g
Fiber	10g
Sugar	15g
Protein	10g

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
- 3 In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

Notes

Leftovers, Store in an airtight container in the fridge for up to 5 days.

No Maple Syrup, Use honey instead.

No Butternut Squash, Use sweet potato or carrots instead.

Save Time, Buy pre-sliced butternut squash.