



Roasted Broccoli, Arugula and Lentil Salad

Modified from Recipe By CookiesandKate.com

Prep Time: 20 mins Cook Time: 30 mins Total Time: 50 minutes

Yield: 2 to 4

INGREDIENTS

- 1 1/2 pounds broccoli
- 3/4-pound brussels sprouts (or more broccoli)
- Olive oil
- 1/2 cup black beluga lentils (or green/Puy lentils), picked through and rinsed
- several handfuls arugula
- (Optional: Sprinkle a TBSP of Nutritional Yeast for 'cheese' flavor after serving on plate or in bowl)

Lemon Vinaigrette

- 2 tablespoons olive oil
- 1/2 lemon, juiced
- 1 teaspoon honey
- 1/2 teaspoon **Dijon mustard**
- pinch red pepper flakes
- sea salt and ground pepper

INSTRUCTIONS

1. Preheat oven to 425 degrees Fahrenheit and line your largest rimmed baking sheet with parchment paper. Cut the broccoli florets into bite-sized pieces. Trim the ends off the sprouts; cut the small sprouts in two through the stem, and the large sprouts into quarters. Toss the florets and sprouts in olive oil so they are lightly coated, and sprinkle with salt and pepper. Spread the florets and sprouts in a single layer on the baking sheet (be sure not to overcrowd). Bake for 20 to 30 minutes, tossing halfway, until the vegetables are crisp-tender and well caramelized on the edges.
2. In the meantime, bring 3/4 cup water to a boil in a medium saucepan. Add the lentils, reduce heat, cover and simmer for 15 to 20 minutes, until the lentils are tender but still retain their shape.
3. Whisk together the vinaigrette ingredients while the roasted vegetables and lentils cool a bit. In a large serving bowl, combine the roasted vegetables, cooked lentils and arugula. Drizzle with vinaigrette, sprinkle in the Parmesan and toss well. Taste and add more salt, pepper and/or lemon juice if needed. Best served immediately.