

Lentil Salad with Maple Roasted Squash

4 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Butternut Squash (chopped into 1 cm cubes)
1 1/2 tps Avocado Oil
1/4 tsp Sea Salt (divided)
2 tbsps Maple Syrup
1/4 cup Extra Virgin Olive Oil
2 tbsps 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	336	Carbs	41g
Fat	16g	Protein	10g

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 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.
- 03 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!