

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)

DIRECTIONS

- 01 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 02 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.
- 03 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.
- 04 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	336	Carbs	63g
Fat	1g	Protein	21g