

Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts

Use broccoli instead.

No Lentils

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Ingredients

- 2 Sweet Potato (medium, sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

Nutrition

Calories	355	Cholesterol	0mg
Fat	12g	Sodium	200mg
Carbs	50g	Vitamin A	15576IU
Fiber	16g	Vitamin C	95mg
Sugar	10g	Calcium	206mg
Protein	17g	Iron	8mg