



Warm Carrot Lentil Salad

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Lunch,Dinner,Side
 Contributed By

LivingPlateRx

Source [Living Plate Teaching Kitchen](#)

Servings 4



Vegetables

Ingredients

lb,c g,ml

- 8 carrots, *peeled and sliced on an angle*
- 1 medium onion, *sweet, chopped*
- 1 Tbs olive oil
- 6 scallions, *green tops only, chopped*
- 2 cup lentils, *canned, drained and rinsed*
- 1 cucumber, *chopped*
- 1/4 cup pepitas, *raw (pumpkin seeds)*
- 1 cup parsley, *chopped*
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Preheat oven to 375° F and line baking sheet with parchment paper.
2. Peel and slice carrots and chop onion and scallions.

Make

1. Toss carrots and onion with olive oil, season with salt and pepper. Roast in the oven until just softened – about 15–20 minutes [pushing around the pan a few times during cooking].
2. While vegetables are roasting, add the rest of the ingredients to a medium bowl.
3. Add warm carrots and onions right from the oven to the bowl and toss with the dressing below.

Simple Dressing

Ingredients

lb,c g,ml

- 3 Tbs red wine vinegar
- 1/4 cup olive oil
- 1 tsp Dijon mustard
- salt, *to taste*
- pepper, *to taste*

Directions

Make

1. Add ingredients to a mason jar with a lid and shake vigorously to combine.

Notes

Feel free to add brown rice or quinoa!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size