

Lentil Salad with Balsamic Mushrooms & Cauliflower

Nutritional Highlights

- The green lentils in this dish provide a great source of fiber and protein
- Mushrooms take on the flavor of any dish while adding micronutrients and antioxidants.

Servings: 4

Ingredients

- 1 pkg Trader Joe's pre-cooked lentils
- 1/2 large head cauliflower, cut into florets
- 1 lb mushrooms, assorted varieties
- 2 Tbsp olive oil, divided
- 1 1/2 Tbsp balsamic vinegar
- 1/2 tsp kosher salt, divided
- 1/2 tsp black pepper, divided
- 6 cups arugula
- 1/4 cup toasted pine nuts, for garnish
- Chopped fresh parsley, for garnish
- 1/4 cup shaved parmesan, for garnish

Directions

- Preheat oven to 400F and line two baking sheets with parchment paper.
- In a large mixing bowl, toss cauliflower florets with 1 Tbsp olive oil and sprinkle with half the salt and pepper. Transfer to a prepared baking sheet and roast for 30 minutes, stirring after 15 minutes.
- In the mixing bowl, toss mushrooms with remaining 1 Tbsp olive oil, balsamic vinegar, and remaining salt and pepper. Transfer to second baking sheet, and roast for 20 minutes, stirring after 10 minutes.
- Warm the cooked lentils in the microwave according to package instructions.
- To serve, place arugula in serving dish, top with warm lentils and roasted vegetables. Toss to combine and garnish with pine nuts, parsley, and parmesan. Enjoy!