



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Lentils with Roast Vegetables

Get to enjoying early fall nights start with this quick and cozy weeknight recipe. Chop up your favorite autumn veggies and roast with protein-packed lentils for an easy-to-prepare meal that checks all the nutritional boxes.

INGREDIENTS

- 1 cup dried lentils
- 4 cups washed and chopped assorted vegetables
- 2 tbsp cooking oil
- Salt
- Pepper, black
- 1/4 cup chopped fresh parsley (or 1 tbsp dried)
- 1 tbsp chopped garlic (or 1 tsp dried)
- Juice from 1/2 lemon

INSTRUCTIONS


1. Rinse lentils.
2. Bring to boil in 2 cups water, reduce heat, simmer for 20–25 minutes or until tender. Strain off excess water.
3. Preheat oven to 400°F.
4. Chop veggies into pieces 2 inch in length and 1/2 inch in width.
5. Place in mixing bowl, with 1 tablespoon cooking oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, and garlic. Mix until coated. Pour onto baking sheet and spread evenly and place in preheated oven.
6. After 4–5 minutes, stir veggies around on pan and return to oven. Bake 4–5 minutes more. Remove from oven.
7. Add 1 tablespoon oil in skillet on stove top.
8. Once hot, sauté lentils 2–4 minutes.
9. Add lemon, 1/2 teaspoon salt, and stir.
10. Add the roast vegetables and parsley into the pan and stir.

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