

Garlic Roasted Vegetables with Lentils



Prep time: 10 mins, **Cook time:** 35 mins, **Total time:** 45 mins **Serves:** 2 – 3

Ingredients:

- 1 large beet – any color you like – peeled and chopped into cubes
- 4 cups of cruciferous vegetables like cauliflower, brussel sprouts, and/or broccoli
- 1 large garlic bulb, broken up into cloves and peeled (see trick above)
- ¼ tsp sea salt
- black pepper to taste
- 2 tsp extra virgin olive oil or coconut oil
- 1 cup Tru Roots Sprouted Lentils cooked to package instructions (takes about 5 mins)

Instructions:

1. Preheat oven to 400 degrees
2. If using cauliflower, break it up into florets or if using brussel sprouts cut stems off and cut in half
3. Toss all vegetables and whole garlic cloves with seasonings and oil
4. Place vegetables on large sheet pan (Tip: cover the pan with parchment paper to make it easy for clean-up)
5. Roast vegetables for 20 mins and stir, then roast for another 15 mins OR until vegetables are golden brown on the edges.
6. While vegetables are roasting – this is a good time to make the lentils
7. Serve lentils over a big plate of roasted vegetables

Note from Lori: Mix up this recipe by using different variety of vegetables or what you have on hand. Try to have the veggies around the same size or the smaller cut ones will be done after just 20 minutes. I absolutely love brussel sprouts the best, so that one is typically in my roasted veg. If you feel a sweet tooth, add some naturally sweet vegetables like carrots to the mix. This may not be the best dish before a hot date with all of the garlic, but the garlic is needed to add a big splash a flavor to the bland lentils. I like to make extra veggies to snack on through-out the day and extra lentils to use in other recipes.

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