

CURRIED SWEET POTATO AND CRISPY LENTIL SALAD

easy | **RECIPE**
From Personal Best®

Dressing: 2 tbsp **extra virgin olive oil** | 1 tbsp **balsamic vinegar** | ¼ tsp **Dijon mustard**

- 1 can (14 oz.) low-sodium **lentils**, rinsed and patted dry
- 2 cups **sweet potatoes**, peeled and ½-inch diced
- 1 tbsp **extra virgin olive oil**
- 1½ tsp **curry powder** (mild or spicy)
- ¾ tsp **salt**
- ¼ tsp **pepper**
- 6 cups mixed **salad greens**
- ½ cup **pomegranate seeds**

Preheat oven to 400°F. **Line** a baking sheet with foil or parchment paper. **Whisk** dressing in a small bowl and set aside. **In** a medium-sized bowl, mix lentils and sweet potatoes with oil, curry powder, salt and pepper; place mixture on the lined baking sheet. **Roast** 20 minutes, stir, then roast another 20 minutes until lentils are crisp. **Meanwhile**, arrange salad greens on a large platter. **Top** greens with warm sweet potato-lentil mix and pomegranate seeds. **Add** dressing and toss to coat. **Serve** warm.

Makes 4 servings. Per serving:

312 calories | 12g protein | 11g total fat | 1g saturated fat | 8g mono fat | 2g poly fat
0mg cholesterol | 44g carbohydrate | 5g sugar | 12g fiber | 490mg sodium