

Warm Lentil & Cauliflower, Kale Winter Salad

Ingredients:

- 1 medium cauliflower, sliced in small florets
- 1 small red cabbage head, thinly sliced
- 2 tbsps. Mustard
- 1 tbsp. soy sauce
- 1 Tbsp. olive oil, divided
- 1 tbsp. balsamic vinegar
- 2 cups kale, thinly sliced
- 1.5 tbsps. lemon juice
- 3 large carrots, thinly sliced
- 1 red onion, thinly sliced
- 1/2 cup parsley, roughly chopped
- 1/8 tsp. ground cinnamon
- 1/2 tsp garlic powder
- 1/2 tsp ground paprika
- 1 tbsp. hemp seeds
- 1/8 tsp. Sea salt
- 1 (15 oz) can no-salt added lentils, rinsed and drained



Optional garnish:

Parsley and a drizzle of tahini

5 Servings

Instructions:

1. Preheat oven to 425 F and line a baking sheet with parchment paper.
2. Combine red cabbage with mustard, soy sauce, balsamic vinegar and salt in a large bowl.
3. Transfer the mixture to the baking sheet and roast for about 10-15 minutes or until the cabbage becomes tender.
4. Place the cauliflower florets onto a baking sheet. Drizzle with olive oil. In a small bowl, combine garlic powder and paprika for the seasoning. Sprinkle onto cauliflower and bake for 15-20 minutes, until cauliflower reaches desired crispiness
5. To a large salad bowl, add the sliced kale, lemon juice, 1 tsp. extra virgin olive oil, cinnamon and salt. Massage kale mixture until it begins to wilt slightly.
6. Add in the carrots, red onion, and parsley. Toss together to combine.
7. Once the cabbage and cauliflower is done, add the cabbage, cauliflower, lentils, and remaining olive oil. Top the warm lentil and kale winter salad with pomegranate seeds and hemp seeds. Drizzle with tahini. Serve and enjoy warm.

Nutrition Facts

5 servings per container	
Serving size	1 cup (408g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 39g	14%
Dietary Fiber 14g	50%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 127mg	10%
Iron 6mg	35%
Potassium 1155mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.