



Columbia Grain™

CULTIVATING GROWTH™

## RECIPE

# Lentils with Roasted Veggies and Yogurt Sauce





Warm lentils, crisp roasted vegetables, and a light yogurt sauce makes for a winning combination. Quick and simple to prepare, Lentils with Roasted Veggies and Yogurt Sauce features fresh herbs and protein-packed green lentils.

### INGREDIENTS

- 1 cup green lentils
- 2 peeled and chopped large golden beets
- 4 large peeled and cut carrots (lengthwise)
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 2 cloves garlic
- 1 tsp lemon zest
- 1/2 cup whole milk yogurt
- 1 tbsp olive oil
- 1 bunch roughly chopped parsley

### INSTRUCTIONS

1. Cook lentils: add 1 cup dry lentils and 2 cups water to a large pot. Bring to a boil, reduce heat, and simmer for 20-30 minutes, or until lentils are tender. Drain excess water and set aside.
2. While lentils cook, preheat oven to 400 degrees F and line a baking tray with parchment paper.
3. Add golden beets and carrots to baking sheet. Drizzle with olive oil and sprinkle with sea salt and pepper. Roast for 20-30 minutes, or until tender and caramelized.
4. Prepare the yogurt sauce: use a blender or food processor to blend together garlic, lemon zest, whole milk yogurt, and olive oil. Blend until smooth and creamy.
5. Prepare the salad: mix together cooked lentils with roasted vegetables and chopped parsley. Drizzle with yogurt sauce and enjoy!

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