

Indian Spiced Veggies with Lentils

Ingredients:

- 2 tsp. ground cumin
- 2 tsp. ground yellow mustard seed
- 2 tsp. ground turmeric
- 2 tsp. Garam Masala
- 1 tsp. crushed red chili flakes
- 2 pounds butternut squash
- 1 cup sliced onion
- 6 carrots
- 2 sweet potatoes
- 3 ¾ extra virgin olive oil
- ½ tsp. salt
- 1 tsp. black pepper
- 2 cups green lentils
- ½ cup lemon juice



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 6

Amount Per Serving

Calories 400 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 67g **22%**

 Dietary Fiber 15g **60%**

 Sugars 10g

Protein 16g

Vitamin A 530% • Vitamin C 80%

Calcium 15% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Preheat your oven to 425°F.
2. On a large rimmed baking sheet, toss the vegetables with the spices, 1 tablespoons oil, and salt and pepper. Toss into the oven and roast 40 minutes. Check at the 20-minute mark and flip everything around a bit.
3. In the meantime, cook up the lentils in boiling water until tender, roughly 25 minutes.
4. Serve lentils with roasted veggies, a drizzle of the remaining olive oil, and a couple of spritzes of lemon juice.