



Power Green Salad with Apple, Lentils & Butternut Squash

Ingredients:

3 cups ribbed and chopped kale
Handful of chopped flat parsley
1 cup cooked green or black lentils
1 large apple of choice, cored and diced
1 cup roasted butternut squash – peeled and cubed
1/2 cup toasted pepitas (pumpkin seeds)
1/2 -1 cup shaved parmesan

Dressing:

1 heaping tsp. of minced garlic
1/2 Tbsp. honey
1 Tbsp. Dijon mustard
Juice of one lemon
1/3 cup extra virgin olive oil
salt and pepper to taste

Directions:

Preheat oven to 400. Mist cubed butternut with olive oil, place on foiled covered baking sheet. Roast in oven for 35 minutes or until soft and crispy. Let cool

In a large salad bowl, combine the kale, parsley, lentils, apples, squash, pepitas and parmesan.

For the dressing, combine dressing, mix in blender, with salt and pepper to taste, until the garlic is smooth. Pour the dressing on the salad and toss well to coat.

Garnish with more parmesan if desired.

Compliments of sproutedkitchen.com