



Lemony Roasted Broccoli, Arugula and Lentil Salad

Ingredients

For the salad:

- 1 large bunch of broccoli
- 3/4 pound Brussels sprouts (or more broccoli)
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon fine sea salt
- 1 can (rinsed) lentils OR 1/2 cup dried lentils
- 4 big handfuls of arugula or other green you like
- 1/2 cup freshly grated Parmesan cheese

For the Lemon Dressing:

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice, to taste
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 clove garlic, pressed or minced
- Pinch of red pepper flakes
- 1/4 teaspoon fine sea salt
- Freshly ground black pepper, to taste

Equipment:

- Colander
- Medium saucepan
- Knife
- Cutting board
- Can opener (canned lentils)
- Measuring cups (dry)
- Measuring spoons
- Whisk
- Mixing spoons -2
- Baking sheet
- Parchment paper

Directions

1. Preheat oven to 425 degrees Fahrenheit and line your largest rimmed baking sheet with parchment paper for easy-clean-up. Cut the broccoli florets into bite-sized pieces. Trim the ends off the sprouts; cut the small Brussel sprouts in two through the stem, and the large Brussel sprouts into quarters.
2. Toss the florets and sprouts in the olive oil so they are lightly coated, and sprinkle with the salt. Spread the florets and sprouts in a single layer on the baking sheet (be sure not to overcrowd). Bake for 24 to 28 minutes, tossing halfway, until the vegetables are crisp-tender and well caramelized on the edges.
3. In the meantime, bring the water to a boil in a medium saucepan. Stir in the lentils. Reduce the heat, cover and simmer for 20 to 25 minutes, until the lentils are tender but still retain their shape. Drain off any excess water. (Skip this step if using canned lentils – just give them a good rinse and warm if desired).
4. Whisk together the vinaigrette ingredients while the roasted vegetables and lentils cool a bit.
5. In a large serving bowl, combine the roasted vegetables, cooked lentils and arugula. Drizzle with vinaigrette, sprinkle in the Parmesan and toss well. Taste and add more lemon juice (for more zing), salt, and/or pepper, if needed.