

Black Lentils with Roasted Spiced Vegetables and Sesame Dressing

. **20 min**Prep

. **40 min**Cooking

. **6 serving**Total

. **2,186g**Weight

283 cals/serving

18 ingredients

3 1/2 cup Water

1 cup Lentils black beluga raw

5 sprays, about 1/3 second each spray Vegetable cooking spray oil

1 head, medium (5-6" dia) Cauliflower raw

3 medium Carrots raw

4 oz Brussels sprouts raw

10 spear, medium (5-1/4" to 7" long) Asparagus raw

8 clove Garlic raw

4 tablespoon Olive or extra virgin olive oil

1 tsp Cumin seed ground or whole

1/2 tsp Paprika

1/4 tsp Cinnamon ground

1/4 tsp Coriander seed ground or whole dried

1/8 tsp Pepper red or cayenne spice

1/4 tsp Kosher salt

2 tbsp Sesame butter or tahini

1 tbsp Lemon juice raw

1/2 tsp Salt table

7 steps

- Bring 3 1/2 cups of water to boil in a medium saucepan. Add black lentils, reduce heat to medium-low, and cook uncovered for 20 minutes or until lentils are firm but cooked through. Drain lentils in a colander with a quick rinse of cold water.
- Preheat oven to 425F. Spray a large rimmed baking sheet with cooking oil.
- Cut cauliflower into bite-sized pieces. Peel and cut carrots into 1-inch pieces. Trim and halve Brussels sprouts. Trim and cut asparagus into 1-inch pieces. Peel garlic.
- In a large bowl, mix the cauliflower, carrots, Brussels sprouts, asparagus, garlic, half of the olive oil (2 tbsp), cumin, paprika, cinnamon, coriander, cayenne pepper, and kosher salt.
- Pour the coated vegetables onto the baking sheet and spread to a single layer. Bake for 20-25 minutes or until

softened and lightly browned. Turn the vegetables over with a wide spatula halfway through cooking for even browning.

- While vegetables are roasting, make the sesame dressing by whisking together sesame butter (tahini), the remaining 2 tbsp olive oil, lemon juice, and salt. If the dressing is too thick for your taste, add more water to achieve the desired consistency.
- To serve, divide roasted vegetables evenly among 6 plates. Top vegetables with cooked lentils and finish with a drizzle of sesame dressing.

Tips:

If you cannot find black lentils, you can substitute with French lentils or Lentilles du Puy.

1 medium head cauliflower makes about 4 cups pieces.

This recipe can be served warm or cold and may also be served as an appetizer.