

Lentil Primavera with Zucchini Noodles

Prep time:

15 minutes

Cooking time:

25 minutes

Yields:

4-6 people

Ingredients:

1 cup green lentils, cooked
1 yellow squash, chopped
1 zucchini, chopped
1 carrot, cut into matchsticks
1/2 red bell peppers, cut into matchsticks
1/2 pint grape tomatoes
5 spears asparagus, trimmed and cut into 1 inch pieces
1 tablespoon olive oil
1 teaspoon fresh thyme, chopped
1/2 tablespoon lemon juice
1/4 large yellow onion, thinly sliced
2 cloves garlic, thinly sliced
1/3 cup chopped fresh basil leaves
1/3 cup chopped fresh parsley
3 tablespoons balsamic vinegar
2 medium zucchini
Nutritional yeast, optional

Directions:

1. Preheat oven to 450 degrees.
2. Use a spiralizer (or mandolin or vegetable peeler) to create noodles from the zucchini.

3. Toss squash, zucchini, carrot, red bell pepper, tomatoes, and asparagus together in a bowl with 1 tablespoon olive oil, salt, pepper, lemon juice, and thyme. Arrange vegetables on a greased baking sheet.
4. Roast vegetables in preheated oven until tender, about 15 minutes.
5. Cook onion and garlic in a large sprayed skillet until tender, 5 to 7 minutes. Mix cooked lentils, basil, parsley, and balsamic vinegar into the onion mixture. Add roasted vegetables and gently toss and cook until heated through, 3 to 5 minutes.
6. Add zucchini noodles and mix well. Serve topped with nutritional yeast.