|  |
| --- |
| b97d43_296573239b324bec8d13278f588fd3f7.jpeg***Sweet Potato Lentil and Apple Walnut Bowl****MyPlate2Yours - Lynn Dugan*Serving Size: 8Ingredients2 tablespoons olive oil3 pounds sweet potatoes, peel and 1-inch dice1 cup (4 ounces) walnuts1 medium red onion, large dice1 tablespoon fresh rosemary (or 1 teaspoon dried)Salt and pepper1 pound mushrooms (white button or cremini), sliced2 cloves minced garlic3 stalks celery, sliced2 pounds (about 4 medium apples), Gala, Jonathan or Cortland; 1-inch dice1-1/2 cup cooked lentilsBalsamic glaze\*, if desiredDirectionsPreheat oven 400°F. Place potatoes, walnuts and onions on baking sheet and toss with 1 tablespoon olive oil. Sprinkle with rosemary, salt and pepper. Roast in oven for 20 minutes, until tender. Meanwhile, sauté mushrooms, garlic and celery in 1 tablespoon oil until mushrooms and celery are softened. Salt and pepper, to taste. Add apples and cook until just warm. Pour contents of sauté pan into a large bowl. Add lentils and roasted contents from baking sheet, stir to combine. Serve in bowls and garnish with balsamic glaze, if desired. Enjoy!\*Balsamic glaze:Pour 1 cup balsamic vinegar into a small saucepan and gently simmer for 20 to 30 minutes until the glaze is thick and coats a spoon (consistency of chocolate syrup). Set aside and allow to cool in pan.*Note: Any unused balsamic glaze can be stored in a covered container in the refrigerator for several weeks.* |