|  |
| --- |
| b97d43_296573239b324bec8d13278f588fd3f7.jpeg ***Sweet Potato Lentil and Apple Walnut Bowl***  *MyPlate2Yours - Lynn Dugan* Serving Size: 8Ingredients 2 tablespoons olive oil  3 pounds sweet potatoes, peel and 1-inch dice  1 cup (4 ounces) walnuts  1 medium red onion, large dice  1 tablespoon fresh rosemary (or 1 teaspoon dried)  Salt and pepper  1 pound mushrooms (white button or cremini), sliced  2 cloves minced garlic  3 stalks celery, sliced  2 pounds (about 4 medium apples), Gala, Jonathan or Cortland; 1-inch dice  1-1/2 cup cooked lentils  Balsamic glaze\*, if desired Directions Preheat 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.* |