

Lentil and Roasted Vegetable Bowls

Makes 4 Servings

Ingredients

- 1 large sweet potato, peeled and cut into 1/2-inch cubes
- 1 small head of broccoli, cut into pieces
- 2 tablespoons vegetable oil
- Salt and pepper, to taste
- 1 cup lentils
- 1 (15-ounce) can garbanzo beans or chickpeas, drained and rinsed, or 1 1/2 cups cooked chickpeas
- Grated parmesan, for garnish (optional)

Directions

1. Preheat oven to 350 degrees. Place sweet potatoes and broccoli on a rimmed baking sheet. Toss with oil, salt and pepper. Roast for 10 to 15 minutes until vegetables are soft.
2. Rinse lentils in a fine mesh strainer under cold running water, removing any dirt or rocks. Cover lentils with cold water in a medium pan. Bring to a boil over medium-high heat. Turn the heat to low and cover. Cook until soft, about 17 to 20 minutes.
3. Drain the lentils and divide evenly between 4 bowls. Top with roasted vegetables and chickpeas. Garnish with parmesan (if using) and serve.

Recipe from: Feeding Pennsylvania and PA Eats

