

Squash and Puy Lentil Salad

Based on a recipe by Marie Clair

Ingredients (4 servings)

1 small butternut squash
1 large red onion
2/3 cup of Puy lentils
1 tsp whole grain mustard
1 tbsp balsamic vinegar
1 handful of flat-leaf parsley
1 1/2 cups of arugula
3 oz feta cheese
Olive oil and salt & pepper



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

Preheat the oven to 350 degrees (F). Peel the squash and remove any seeds. Cut into bite-size chunks and place them on a baking tray. Peel and cut the onion in half. Slice into 1/4 slices and scatter over the squash. Drizzle with olive oil, season with salt and pepper, and bake for about 25 minutes or until the squash is cooked through and the onions have begun to blacken on the outer edges.

Meanwhile, add lentils to a small saucepan with a couple cups of water and 1/2 tsp of salt. Bring to a boil and then reduce heat and simmer for 30 minutes (or until lentils are tender). Drain the lentils and then stir in mustard, vinegar, olive oil, and parsley.

To serve, arrange arugula leaves around a plate and top with squash and onion. Spoon lentils over the squash and onion and then crumble feta on top. Enjoy!