

Roasted Beet and Carrot Lentil Salad with Feta and Yogurt Dill Sauce

Ingredients

4 Servings (This is a main dish)

- 1 1/2 cups (200 g) French green lentils, rinsed and picked over
- 1 small yellow onion, quartered
- 1 large bay leaf
- fine sea salt or regular salt
- freshly ground black pepper
- 1 bunch beets (any color or a combination), scrubbed, trimmed, and cut into eighths
- 1 bunch carrots, scrubbed and trimmed (halved lengthwise if small or cut into 1/2-inch slices if large)
- 3 tablespoons (45 ml) olive oil or more if needed
- About 4 ounces feta cheese, crumbled
- 1/2 cup (70 g) toasted almonds (chopped if whole)

For Yogurt-Dill Sauce

- 1 cup (235 ml) plain full-fat yogurt
- 1 large clove garlic, minced or pressed
- 1 tablespoon (15 ml) fresh lemon juice
- 1/4 cup parsley, chopped, plus more for garnish
- 1/4 cup dill, chopped, plus more for garnish



Image source: peasthankyou.com

Directions

1. Wash your hands with soap and water. Clean and cut fresh vegetables, and measure all ingredients.
2. Position a rack in the center of the oven and preheat to 425°F.
3. Place the lentils in a medium saucepan, cover with 3 inches of water, and add the onion and bay leaf. Place over high heat, bring to a boil, then reduce the heat to low and simmer until the lentils are tender but still holding a shape, 20 to 30 minutes (add 1 teaspoon salt toward the end of the cooking time and more water if needed).
4. After lentils are cooked, drain the lentils and discard the onion and bay leaf.
5. While the lentils are cooking, toss the beets and carrots with 2 tablespoons of the olive oil and 1/2 teaspoon each salt and pepper.
6. Spread evenly on a baking sheet and roast in the oven until brown and tender, tossing them halfway through cooking (about 25 to 30 minutes).
7. In a small bowl, whisk together the yogurt, garlic, lemon juice, chopped parsley and dill, 1/4 teaspoon salt, and the remaining 1 tablespoon olive oil.
8. When ready to serve, toss the lentils with a drizzle of olive oil, a good squeeze of lemon, and (if needed) salt and pepper to taste.
9. Place the lentils on a large platter (or divide among 4 plates or shallow bowl) and top with the roasted vegetables, feta, extra herbs, and almonds.
10. Drizzle with the yogurt sauce and pass extra sauce at the table. Serve warm or at room temperature.