

Food Babe's Garlic Roasted Vegetables with Lentils



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	35 mins	45 mins	2

<https://foodbabe.com/garlic-roasted-vegetables-with-lentils>

Ingredients:

- 1 large beet root, peeled and chopped
- 2 cups broccoli
- 1 cup cauliflower, chopped
- 1 cup brussels sprouts, sliced
- 1 garlic head, peeled and diced
- ¼ teaspoon sea salt
- 1 pinch black pepper, to taste
- 2 teaspoons extra virgin olive oil
- 1 cup sprouted lentils, cooked

Instructions:

1. Preheat oven to 400° F.
2. Break cauliflower and broccoli up into florets. For brussel sprouts cut stems off and cut in half.
3. Toss all vegetables and whole garlic cloves with seasonings and oil.
4. Place vegetables on large sheet pan (Tip: cover the pan with parchment paper to make it easy for clean up).
5. Roast vegetables for 20 minutes and stir, then roast for another 15 minutes or until vegetables are golden brown on the edges..
6. While vegetables are roasting – this is a good time to make the lentils.
7. Serve lentils over a big plate of roasted vegetables.

Notes:

- Please use organic ingredients if possible