



HEALTH SCORE

100%

Dinner Tonight: Roasted Tomato Lentil Salad with Crispy Shallots



Vegetarian



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



773 kcal

SIDE DISH

Ingredients

- 5 cups cherry tomatoes cut in half
- 0.7 cup chives finely chopped
- 2 tablespoons dijon mustard
- 2 cups green lentils french rinsed
- 2 teaspoons sea salt
- 0.7 cup goat cheese
- 4 servings pepper fresh to taste

- 1 juice of lemon
- 0.3 cup olive oil
- 4 wholewheat pita breads toasted cut in half and
- 4 servings salt to taste
- 3 large shallots peeled sliced thin

Equipment

- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 325°F. Toss the cherry tomatoes with 1 tablespoon of the oil, along with the granulated garlic and salt to taste.
- Spread them out on a baking sheet, cut side up, and roast until shrunken, sweet, beginning to brown but not burned, about 30 minutes.
- Remove and allow to cool.
- In the meantime, bring 4 cups water to boil in a large saucepan and add the lentils. Over medium heat, simmer the lentils, covered, until the water is absorbed and the lentils are tender, 20-25 minutes. If necessary, add more water to completely cook them until tender.
- Drain any excess water from the lentils, then add the goat cheese, lemon zest and juice, and Dijon mustard. Fold gently to melt the goat cheese and season to taste with salt (it will need plenty).
- While the lentils cool, heat a tablespoon of oil over medium in a medium skillet until shimmering.
- Add the shallots and cook until brown and crisp, about 10 minutes.
- Fold the herbs, tomatoes, and remaining olive oil into the lentils. Season with pepper, then taste and season as necessary with salt and/or more lemon juice.
- Serve in toasted pita halves.

Nutrition Facts

PROTEIN 20.46% FAT 27.35% CARBS 52.19%

Properties

Glycemic Index:66.4, Glycemic Load:36.95, Inflammation Score:-10, Nutrition Score:43.239130476247%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallic acid: 0.13mg, Gallic acid: 0.13mg, Gallic acid: 0.13mg, Gallic acid: 0.13mg

Nutrients (% of daily need)

Calories: 772.57kcal (38.63%), Fat: 23.72g (36.5%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 101.85g (33.95%), Net Carbohydrates: 68.76g (25%), Sugar: 8.85g (9.84%), Cholesterol: 17.4mg (5.8%), Sodium: 745.64mg (32.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.93g (79.86%), Fiber: 33.09g (132.35%), Folate: 518.15µg (129.54%), Manganese: 1.92mg (95.96%), Vitamin B1: 1.12mg (74.68%), Vitamin C: 55.01mg (66.68%), Phosphorus: 666.47mg (66.65%), Iron: 10.64mg (59.09%), Copper: 1.05mg (52.61%), Vitamin B6: 0.89mg (44.34%), Potassium: 1520.59mg (43.45%), Magnesium: 166.61mg (41.65%), Zinc: 5.88mg (39.19%), Vitamin A: 1636.29IU (32.73%), Vitamin K: 33.46µg (31.86%), Vitamin B5: 2.9mg (28.95%), Vitamin B2: 0.46mg (27.14%), Vitamin B3: 5mg (24.98%), Vitamin E: 3.6mg (23.97%), Calcium: 195.5mg (19.55%), Selenium: 13.16µg (18.81%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.15µg (1.01%)