



# Warm Lentil and Acorn Squash Salad with Yogurt Vinaigrette

 Vegetarian  Gluten Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 large acorn squash halved seeded
- 1 bay leaf
- 2.5 cups green lentils
- 2 teaspoons cilantro leaves fresh chopped
- 1 tablespoon mint leaves fresh chopped
- 1 medium clove garlic smashed
- 1 teaspoon garlic minced

- 0.3 cup greek yogurt
- 6 servings kosher salt and freshly cracked pepper black
- 6 servings kosher salt and pepper black freshly ground
- 1 small optional: lemon sliced
- 1 tablespoon juice of lemon
- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 4 tablespoons olive oil extra-virgin
- 0.3 cup onion roughly chopped ( )
- 1 small onion cut into 1/4-inch slices
- 1 pinch pepper flakes red
- 1 teaspoon scallions sliced
- 1 tablespoon freshly thyme chopped
- 3 tablespoons citrus champagne vinegar

## Equipment

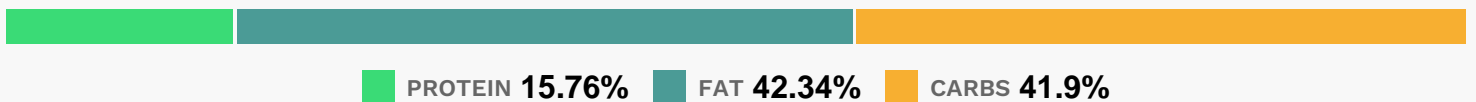
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- mixing bowl
- pot

## Directions

- For the salad: Preheat the oven to 375 degrees F. Using a sharp knife, cut the squash halves into 1-inch cubes, leaving the skin intact.

- Add to a bowl and toss with 3 generous tablespoons of the olive oil, the thyme and season with salt and black pepper.
- Transfer to a large baking sheet. Roast the squash until fork tender, 25 to 30 minutes.
- Remove from the oven and cool slightly.
- Add 3 cups water, the lentils, onions, garlic, lemon slices, bay leaf, red pepper flakes and some black pepper to a medium saucepot. Set over high heat and bring to a boil. Reduce the heat to medium-low. Simmer until tender, 20 to 25 minutes. Season with salt.
- Remove from the heat and drain. Discard the onions, lemons and bay leaf.
- Put the lentils in a large glass mixing bowl, toss with a scant tablespoon olive oil and set aside.
- For the caramelized onions: Meanwhile, place a large saute pan over high heat and add 2 tablespoons olive oil. Once hot, add the sliced onions. Season with salt and pepper. Cook until starting to color, about 30 seconds. Reduce the heat to low. Caramelize, stirring occasionally, about 20 minutes; the onions should be tacky and deep golden brown.
- Remove from the heat and keep warm.
- For the yogurt vinaigrette: In a large glass mixing bowl, whisk the white wine vinegar, lemon juice, garlic, mint, cilantro and scallions together until incorporated.
- Drizzle in the olive oil and whisk until smooth, about a minute.
- Add the yogurt and continue whisking until creamy, an additional minute. Season with salt and pepper. Cover and refrigerate in an airtight container until ready for use, or up to 3 days.
- To serve: When the squash is cool enough to handle, transfer to bowl with the lentils.
- Drizzle in the yogurt vinaigrette and toss to coat completely. Spoon into a large serving dish and garnish with the caramelized onions.

## Nutrition Facts



## Properties

Glycemic Index:50.85, Glycemic Load:6.66, Inflammation Score:-9, Nutrition Score:30.501739035482%

## Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Eriodictyol: 4.22mg, Eriodictyol: 4.22mg, Eriodictyol: 4.22mg, Eriodictyol: 4.22mg Hesperetin: 5.47mg, Hesperetin: 5.47mg, Hesperetin: 5.47mg,

Hesperetin: 5.47mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg Gallic acid: 0.11mg, Gallic acid: 0.11mg, Gallic acid: 0.11mg, Gallic acid: 0.11mg

## Nutrients (% of daily need)

Calories: 564.3kcal (28.22%), Fat: 27.07g (41.65%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 60.29g (20.1%), Net Carbohydrates: 33.69g (12.25%), Sugar: 3.21g (3.56%), Cholesterol: 0.42mg (0.14%), Sodium: 206.88mg (8.99%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 22.66g (45.33%), Fiber: 26.6g (106.39%), Folate: 403.75µg (100.94%), Manganese: 1.28mg (63.98%), Vitamin B1: 0.82mg (54.71%), Phosphorus: 410.73mg (41.07%), Iron: 7.16mg (39.77%), Magnesium: 128.31mg (32.08%), Potassium: 1101.11mg (31.46%), Vitamin C: 25.85mg (31.33%), Vitamin B6: 0.6mg (30.21%), Vitamin E: 4.18mg (27.88%), Zinc: 4.05mg (27.02%), Copper: 0.49mg (24.63%), Vitamin B5: 2.1mg (21.02%), Vitamin K: 20.72µg (19.73%), Vitamin B3: 2.69mg (13.47%), Vitamin B2: 0.22mg (12.82%), Selenium: 8.14µg (11.63%), Calcium: 97.09mg (9.71%), Vitamin A: 402.65IU (8.05%)