

Indian-Spiced Roasted Vegetables Over Lentils

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/acorn-squash-curry-recipe-indian>

Ingredients:

- 1 cup green lentils
- 1 teaspoon cumin seeds toasted
- 1 teaspoon mustard seeds toasted
- 1 teaspoon turmeric
- 1 teaspoon Garam Masala
- 1/2 teaspoon crushed red pepper
- 1 acorn squash halved, seeded and sliced thinly
- 1/2 red onion sliced thickly
- 3 carrots halved crosswise, then again lengthwise, or into 3-inch sticks
- 1 sweet potato cut into bite-sized chunks
- coarse salt
- pepper
- 4 tablespoons virgin olive oil extra-, divided
- 1/2 lemon

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 56 grams
3. Fat: 15 grams
4. Fiber: 21 grams
5. Protein: 16 grams
6. SaturatedFat: 2 grams
7. Sodium: 250 milligrams
8. Sugar: 5 grams

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