

Roasted Broccoli, Arugula and Lentil Salad

Yield: 3 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/beluga-lentils-recipe-indian>

Ingredients:

- 1 1/2 pounds broccoli
- 3/4 pound brussels sprouts or more broccoli
- olive oil
- 1/2 cup beluga lentils black, or green/Puy lentils, picked through and rinsed
- 1 handful arugula
- 1/2 cup Parmesan cheese freshly shredded
- 2 tablespoons olive oil
- 1/2 lemon juiced
- 1 teaspoon honey
- 1/2 teaspoon Dijon mustard
- 1 pinch red pepper flakes
- ground pepper sea salt and