

# Thanksgiving Lentil Salad

Yield: 9 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-vegan-thanksgiving-recipe>

## Ingredients:

- 1 butternut squash medium, 2 1/2 to 3 pounds, peeled and cut into 1/2-inch cubes
- 1 red onion large, cut into 1/2-inch wedges
- 2 cloves garlic unpeeled
- 8 tablespoons olive oil divided
- kosher salt
- freshly ground black pepper
- 3 cups French green lentils
- 2 bay leaves
- 1/4 cup sherry vinegar
- 1 tablespoon Dijon mustard
- 1 bunch kale flat-leaf, about 6 ounces, stems removed and leaves thinly sliced
- 1 cup toasted pecans coarsely chopped
- 1 cup golden raisins
- 1/2 cup fresh parsley leaves coarsely chopped

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 63 grams
3. Fat: 22 grams
4. Fiber: 24 grams
5. Protein: 21 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 120 milligrams
8. Sugar: 11 grams

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