

# Roasted Sweet Potato & Brussels Sprouts Salad

Susan Alsembach

This is a really delicious side dish you can easily add to a roasted chicken, making this a truly sumptuous meal.

I hope that you enjoy it,

Susan

# Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

## Notes

### No Brussels Sprouts

Use broccoli instead.

### No Lentils

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

## Ingredients

- 2 Sweet Potato (medium. sliced into 1 inch cubes)
- 352 grams Brussels Sprouts (washed and halved)
- 15 milliliters Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 60 grams Tahini
- 20 grams Maple Syrup
- 59 milliliters Water (warm)
- 450 milligrams Cayenne Pepper (less if you don't like it spicy)
- 750 milligrams Sea Salt
- 396 grams Lentils (cooked, drained and rinsed)
- 240 grams Baby Spinach (chopped)