

Hummus with Spiced Lentils, Greens and Roasted Veggies

Source: ladesandlupine.com

Ingredients

2 cups hummus
1 cup dry lentils
3 cups water or broth
1½ teaspoons salt, divided
½ teaspoon allspice
½ teaspoon cumin
½ teaspoon coriander
½ teaspoon black pepper
2 carrots, peeled and cut into 1" chunks
2 parsnips, peeled and cut into 1" chunks
1 small red onion, halved and sliced into ½ inch slices
1 large sweet potato, peeled and cut into 1" chunks
2 cups chopped and stemmed kale
¼ cup plus 1 tablespoon olive oil

Directions

1. Preheat the oven to 425.
2. Toss the carrots, parsnips, sweet potato and onion in a large bowl with olive oil, salt and pepper. Pour everything onto a large cookie sheet and arrange in a single layer. Roast for 40 – 45 minutes or until tender.
3. Place the lentils in a mesh sieve and rinse thoroughly. In a large pot, combine the lentils, water, allspice, cumin, coriander and black pepper. Add a pinch of salt and bring to a boil. Reduce the heat and cover. Simmer for 25 minutes. Strain the remaining liquid and set aside.
4. In a large skillet, heat the remaining tablespoon of olive oil and add the kale. Cook until the kale just tender, 2 – 3 minutes.
5. To plate, divide everything between four plates and garnish.