

Warm Winter Sweet Potato Salad

with Beluga Lentils & Cider Vinaigrette

Beluga lentils, a favorite legume among chefs, get their name from their resemblance to the elegant caviar when raw. They're shiny, black, and smaller than most varieties of lentils, but are still a great source of fiber and protein. Belugas are perfect for salads like this one because they stay intact when cooked, unlike most other lentils that fall apart in boiling water.



Ingredients

- 3 Tablespoons Walnuts
- 2 Stalks Celery
- 1 Clove Garlic
- 1 Large Sweet Potato
- 1 Small Red Onion
- ½ Cup Beluga Lentils
- 2 Tablespoons Cider Vinegar
- 1 Tablespoon Honey
- 2 Teaspoons Dijon Mustard
- 2 Tablespoons Currants
- 1 Bunch Microgreens

Makes 2 Servings
About 700 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Roughly chop the walnuts. Thinly slice the celery on an angle. Peel and mince the garlic. Peel the sweet potato and cut into thin rounds, then matchsticks. Peel and thinly slice the onion.



Cook the sweet potato:

Once the water is boiling, add the **sweet potato**. Cook for 4 to 5 minutes, or until tender but still slightly firm. Using tongs or a slotted spoon, transfer the cooked sweet potatoes to a bowl.



Cook the lentils:

Using the same pot of boiling water, add the **lentils** and cook for 15 to 20 minutes, or until tender, but not falling apart. Drain thoroughly and set aside.



Toast the walnuts:

While the lentils cook, add the **chopped walnuts** to a dry pan. Heat the pan on medium-high for 2 to 3 minutes, or until fragrant, stirring occasionally. Transfer the toasted walnuts to a small bowl.



Make the cider vinaigrette:

While the lentils finish cooking, in a small bowl, combine the **garlic, cider vinegar, honey** and **Dijon mustard**. Season with salt and pepper to taste, then slowly whisk in **2 tablespoons olive oil** until thoroughly combined.



Dress the salad:

In a large bowl, combine the **sweet potato, celery, onion, walnuts, lentils** and **currants**. Add some of the cider vinaigrette (you may have extra vinaigrette) and toss to coat. Divide the salad between 2 plates and garnish with the **microgreens**. Enjoy!