

Roasted Tomato, Lentil & Feta Bowl

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
2. In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
3. Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and saute the kale until it is wilted. Remove from heat and set aside.
4. Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
5. Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Enjoy!

Notes

Storage

Store in the fridge covered for up to 2 days.

Prep Ahead

Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.

Ingredients

- 1 cup** Red Onion (diced)
- 2 cups** Cherry Tomatoes
- 1** Green Bell Pepper (chopped)
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups** Kale Leaves (chopped)
- 2 cups** Green Lentils (cooked, drained and rinsed)
- 1** Avocado (sliced)
- 1/2 cup** Feta Cheese (crumbled)