

# Spicy Pumpkin Salad with Lentils and Goat Cheese

Recipe adapted from [www.pccmarkets.com](http://www.pccmarkets.com)  
Serves 6 as an appetizer, 4 as a main course



## Ingredients

6 cups peeled, seeded and cubed pumpkin (1-inch cubes)  
3 T olive oil, divided  
1 tsp ground cumin  
½ tsp paprika  
½ tsp salt  
¾ cup green lentils  
2 cups arugula  
2 cups chopped kale  
¼ cup thinly sliced mint leaves (optional)  
1 cup soft crumbled goat milk cheese, divided  
1 T balsamic vinegar

## Directions:

- Preheat the oven to 400 degrees Fahrenheit
- Toss pumpkin cubes with 2 tablespoons olive oil, cumin, paprika and ½ tsp salt. Arrange in a single layer on a baking sheet, careful not to overcrowd, and roast for 20 minutes.
- Flip the pumpkin cubes and roast for an additional 10-15 minutes until tender.
- Meanwhile, soak the lentils for 10 minutes in a small bowl. Drain off the liquid.
- Cook the lentils in boiling, salted water until tender, but firm, about 30 minutes.
- Rinse the lentils with cold water and then drain and cool.
- Combine the lentils and roasted pumpkin with the arugula, chopped kale, mint, goat cheese, balsamic vinegar and 1 tablespoon of olive oil.
- Divide among plates.

**Nutrition per Serving (Divided into 6 servings):** 250 calories; 11 g total fat; 31 g carbohydrates; 10 g protein; 280 mg sodium; 7 g fiber