Spicy Pumpkin Salad with Lentils and Goat Cheese

Recipe adapted from www.pccmarkets.com
Serves 6 as an appetizer, 4 as a main course

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