

Roasted Butternut Squash, Leeks, and Mushroom Bowl

Prep to table: 40 minutes | Serves: 4

I'm a fan of cooking roasted mushrooms with butternut squash, which taste rich, buttery, and sweet in this recipe. Add leeks, your mild onion friend, and you need only a little salt and pepper to season it. I recommend adding vinaigrette Dressing, but a quick drizzle of olive oil and squeeze of lemon will do just fine. The flavors are friendly and open to approximately 243 interpretations, so have at them and whip up your bliss.

The roasted goodies:

- 4 cups peeled and chopped butternut squash
- 2 cups thinly sliced leeks
- 3 cups sliced cremini, brown, or white mushrooms
- 3 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

The bowl fixings:

- 1 cup dried lentils
- 1 cup dried rice
- Salt and freshly ground pepper
- 1/4 cup crumbled feta cheese
- Roasted or raw pumpkin seeds
- Vinaigrette dressing of choice

1. Preheat the oven to 425 degrees. Toss the butternut squash, leeks, mushrooms, olive oil, salt, and pepper on a rimmed sheet pan and roast for 18 to 22 minutes, or until the squash is soft.

2. Cook the lentils according to lentil package instructions for 1 cup of lentils, adding 2 cups extra water and the rice to the same pot to cook everything at the same time. Add water as needed, and cook until both lentils and rice are done.

3. Divide the lentil-rice into four bowls and top each with Roasted Butternut Squash, Leeks, and Mushrooms. Sprinkle on feta cheese and pumpkin seeds, and pour on a little vinaigrette dressing. Serve warm.

Easy ingredient swaps

Use frozen rather than fresh butternut squash; thaw before cooking or allow for a longer roast time

Swap in 2 cups of chopped onions for the sliced leeks

Use a mix of small sliced mushrooms if you'd like