PRUNE AND LENTIL
BOWL

Time 60min

Servings 1 bowl

Calcium Recommended Daily Intake 50%

Calories	Calcium	Protein	Vitamin D
940	**648mg**	**40g**	**1 IU**

Ingredients

- 2 garlic cloves, minced
- 2 tsp chili flakes, divided
- ½ cup olive oil, divided
- ¼ cup maple syrup
- salt & pepper to taste
- 1 lb (450gr) brussels sprouts, trimmed and halved
- 1 lb (450gr) sweet potatoes, diced
- ½ lb mushrooms, halved
- 1 ¼ cup Greek yogurt
- 2 tbsp tahini (sesame paste)
- 2-3 tbsp milk
- 1 pk (8 oz or 225gr) halloumi cheese
- 1 cup dry red lentils
- 1 cup SUNSWEET® prunes
- ¼ cup chopped parsley, divided

Instructions

1. Preheat oven to 400 °F and line the baking sheet with parchment paper and arrange with the Brussels sprouts, and sweet potato; set aside.

2. In a bowl, whisk together garlic, 1 tsp chili flakes, 6 tbsp oil, maple syrup, salt and pepper. Pour half of the mixture over the brussels sprouts and sweet potatoes and toss to coat. Bake for 12 to 15 minutes, stirring occasionally, until vegetables are tender and starting to brown.

3. Meanwhile, heat the remaining oil mixture in a skillet set over medium heat and cook with mushrooms for 3 to 5 minutes, or until softened. Add the mushroom mixture to the brussels sprouts and sweet potatoes and continue to bake for 10 minutes.
Mix the yogurt with the tahini and milk until smooth. Add salt and pepper to taste; set aside.

4. Add the mushrooms to the brussels sprouts and sweet potatoes and spread them out. Bake in the oven for another 10 minutes. Cook the lentils in boiling water for 8 to 10 minutes, or until tender. Drain and set aside.

5. Heat 2 tbsp oil in a skillet set over medium-high heat and fry the halloumi for 2 to 3 minutes on each side or until golden. Transfer to a plate and cook the prunes in the same pan for 1 to 2 minutes, or until heated through.

6. In bowls, arrange the lentils, vegetables, prunes, and halloumi in sections. Serve with a dollop tahini-yogurt on top. Garnish with parsley and chili flakes.

IOF International Osteoporosis Foundation

In partnership with

SUNSWEET

Find more calcium rich recipes:
https://www.osteoporosis.foundation/patients/recipes