

Roasted Cauliflower with Sumac Lemon Dressing

(source: [Canola Eat Well](#), used with permission)

Ingredients

1 head cauliflower, cut into florets (1)

2 Tbsp canola oil (30 mL)

¼ tsp salt (1 mL)

½ tsp pepper (2 mL)

1 cup fresh flat leaf parsley (250 mL)

2 Tbsp lemon juice (30 mL)

3 Tbsp canola oil (45 mL)

1 tsp sumac (5 mL)

2 tsp lemon zest (10 mL)

Directions

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper. Transfer cauliflower to the baking sheet. Toss with 2 Tbsp (30 mL) canola oil. Season with salt and pepper. Roast cauliflower, until tender and golden brown, about 15 minutes.
2. Meanwhile, pulse parsley, lemon juice, 3 Tbsp (45 mL) canola oil, and sumac in food processor.
3. Toss cauliflower with parsley mixture. Place in a serving bowl and garnish with lemon zest.

Roasted Butternut Squash with Lentils and Goat Cheese

(from lentils.org, used with permission)

Ingredients

1 medium butternut squash, peeled, seeded, cut into 1-inch pieces

2-3 Tbsp (30-45 mL) canola oil

1-19 oz (540 mL) can lentils, drained and rinsed

½ cup (125 mL) walnuts, toasted

½ cup (125 mL) crumbled goat cheese

¼ cup (60 mL) tahini (sesame seed paste)

Juice of 1 lemon

Directions

1. Preheat the oven to 450°F (230°C).. Spread the squash out on a large rimmed baking sheet, drizzle with oil and toss with your hands
2. to coat. Spread out in a single layer on the sheet and sprinkle with salt and pepper. Roast for 30 minutes, stirring once or twice, until the squash is tender and golden.
3. Toss the warm (or cooled) roasted squash with the lentils, walnuts, and goat cheese. In a separate bowl, whisk together the tahini and lemon juice (add a bit of water, if it is too thick) and drizzle ovetop the squash and lentil mixture. Toss to coat.

Barley, Sweet Potato and Feta Salad

(adapted from gobarley.com, used with permission)

Ingredients

3 cups (750 mL) cooked and cooled barley (either pot or pearl)
1 cup (250 mL) pre-roasted sweet potato (in cubes)
1 Tbsp (15 mL) cumin
1/2 cup (125 mL) feta cheese
1 1/2 cups (375 mL) diced apple
1/2 cup (125 mL) chopped walnuts
1/4 cup (60 mL) canola oil
Zest of 1 lemon
Juice of 1/2 lemon
1/2 cup (125 mL) of fresh oregano

Directions

1. Preheat oven to 425°F (220°C).
2. Cut sweet potato into ½ inch cubes. Toss in a bowl with a splash of canola oil, cumin, and a pinch of salt and pepper. Lay out on parchment paper and roast at 425°F for 20 mins, or until golden. Remove from oven and let cool completely.
3. Add cooled barley and cooled roasted sweet potato to a large bowl. Add in the remaining ingredients and gently combine.