

Lentil Salad

(serves 4)

SALAD INGREDIENTS

- 1 cup uncooked lentils (either green, French green or brown lentils), rinsed and picked over – remove any pebble that may have made their way in
- 3 cups water
- 1 English cucumber, finely diced
- 1 small red onion, finely diced
- 3/4 cup chopped fresh mint leaves, loosely packed
- 1/2 cup diced and drained sun-dried tomatoes

DRESSING INGREDIENTS

- 3 tablespoons olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 1 clove garlic, pressed or minced
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon freshly cracked black pepper

DIRECTIONS

1. Add the lentils in a saucepan with 3 cups of water (or veggie broth) and stir to combine. Cook over medium-high heat until the broth reaches a simmer. Then reduce heat to medium-low, cover and maintain the simmer until the lentils are tender, about 20-25 minutes depending on the type of lentils used. Use a strainer to drain and rinse the lentils in cold water for 1 minute until they are chilled and set aside.
2. Meanwhile, as the lentils are cooking, combine all of the lemon dressing ingredients in a small bowl and whisk together until combined.
3. Add the cooked and chilled lentils, cucumber, red onion, mint and sun-dried tomatoes to a large bowl. Drizzle evenly with the lemon dressing and toss until evenly combined.
4. Serve and enjoy immediately or refrigerate in a sealed container for up to 3-4 days.

Recipe and nutrition information provided by Dana Mealing, RDN, LN, Tevis Center for Wellness.

Recipe source: The BEST Lentil Salad Recipe! – Gimme Some Oven: <https://www.gimmesomeoven.com/lentil-salad/>

NUTRITION FACTS | Serving size: 1.5 cups | Calories: 300 | Protein: 13.6g | Fat: 11g | Carbs: 40g | Fiber: 7g | Sodium: 168.8mg



Crispy Baked Tofu

(serves 4)

INGREDIENTS

- 1 block (12 to 15 ounces) extra-firm tofu
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon tamari or soy sauce
- 1 tablespoon cornstarch

DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper to prevent the tofu from sticking.
2. To prepare the tofu: Drain the tofu and use your palms to gently squeeze out some of the water. Slice the tofu into thirds lengthwise so you have 3 even slabs. Stack the slabs on top of each other and slice through them lengthwise to make 3 even columns, then slice across to make 5 even rows.
3. Line a cutting board with a lint-free tea towel or paper towels, then arrange the tofu in an even layer on the towel(s). Fold the towel(s) over the cubed tofu, then place something heavy on top (like another cutting board, topped with a cast iron pan or large cans of tomatoes) to help the tofu drain. Let the tofu rest for at least 10 minutes (preferably more like 30 minutes, if you have the time).
4. Transfer the pressed tofu to a medium mixing bowl and drizzle with the olive oil and tamari. Toss to combine. Sprinkle the starch over the tofu, and toss the tofu until the starch is evenly coated, so there are no powdery spots remaining.
5. Tip the bowl of tofu over onto your prepared baking sheet and arrange the tofu in an even layer. Bake for 25 to 30 minutes, tossing the tofu halfway, until the tofu is deeply golden on the edges. Use as desired.

Recipe and nutrition information provided by Dana Mealing, RDN, LN, Tevis Center for Wellness.

Recipe Source: How to Make Crispy Baked Tofu: <https://cookieandkate.com/how-to-make-crispy-baked-tofu/>

NUTRITION FACTS | Serving size: ¼ block of tofu | Calories: 140 | Protein: 10.3g | Fat: 8.4g | Carbs: 4.5g | Fiber: 1.3g | Sodium: 165.1mg

