

## Recipe Instructions

# 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 sundried 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

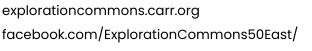
#### **DIRECTIONS**

- 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.
- Meanwhile, as the lentils are cooking, combine all of the lemon dressing ingredients in a small bowl and whisk together until combined.
- 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







### Recipe Instructions

# Beef Lentil Bolognese

(serves 5)

#### **INGREDIENTS**

- 11/2 tablespoon olive oil
- · 2 garlic cloves, minced
- · 1 carrot, diced
- · 1 celery stalk diced
- · 1 onion, diced
- · 5oz frozen chopped spinach
- 1/2 pound lean ground beef, 90/10 or leaner
- · 1 cup cooked lentils
- 1/2 cup (125 ml) dry red wine
- 2 bouillon cubes or 1 teaspoon bouillon paste each, look for low sodium
- 28 oz can crushed tomato, low sodium/no salt added
- 2 tablespoons tomato paste, low sodium or no salt added
- · 2 teaspoons white sugar, optional
- 2 teaspoons Worcestershire sauce
- · 2 dried bay leaves
- 1/2 teaspoons dried oregano
- · Salt and pepper to taste
- 1 box Whole grain spaghetti
  Optional: Fresh shredded
  Parmesan cheese or fresh basil

#### **DIRECTIONS**

- Heat oil in a large pot or deep skillet over medium high heat. Add onion, celery, carrots and garlic, cook for 3 minutes or until onions become transparent.
- 2. Turn heat up to high and add beef. Cook, breaking it up as your go, until browned.
- 3. Add red wine. Bring to simmer and cook for 1 minute, scraping the bottom of the pot, until the alcohol smell is gone.
- Add remaining ingredients except salt and pepper. Stir, bring to a simmer then turn down to medium so it bubbles gently. Cook for 20 30 minutes uncovered, adding water if the sauce gets too thick for your taste. Stir occasionally.
- 5. Serve on top of al dente spaghetti, top with fresh Parmesan and basil.

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

Recipe Source: Spaghetti Bolognese: https://www.recipetineats.com/spaghetti-bolognese/#wprm-recipe-container-25094

NUTRITION FACTS | Calories: 284 | Total fat: 9.2g | Sat Fat: 2.5 | Sodium: 506mg | Total Carbs: 30g | Fiber: 9g | Protein: 17g

