

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



Beef Lentil Bolognese

(serves 5)

INGREDIENTS

- 1 1/2 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

1. 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.
4. 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

