

## **Spiced Green Lentils With Pomegranate, Sweet Potato, and Pistachios (4-6 servings)**

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You will need:

- 1/4 cup sunflower or canola oil
- 2 tsp ground coriander
- 2 tsp ground cumin
- A generous pinch of ground cloves
- 2 small onions, chopped (or an equivalent of dried minced onion if you've got an angry IBS belly like I have)
- 2 garlic cloves, minced
- 1 large sweet potato, peeled and cut into 1/2-inch pieces
- salt and pepper
- 1 1/2 cups green lentils, picked through and rinsed
- 3 1/2 cups vegetable broth
- 1 lemon
- 1/3 cup roasted pistachios, coarsely chopped
- 2-3 oz goat cheese, crumbled
- 1/3 cup pomegranate seeds
- 2 Tbsp chopped flat-leaf parsley
- 2 Tbsp chopped mint leaves

Steps:

1. Heat a 12-inch skillet over medium-high heat and add the oil. When the oil shimmers, add in the coriander, cumin, cloves, onion, garlic, and sweet potato, plus 1/2 tsp salt and some ground black pepper. Sauté until the onion starts to soften and the garlic is fragrant -- about 3 minutes.
2. Add the lentils and broth and allow the mixture to come to a soft boil. Turn the heat to low, cover, and simmer until the lentils and vegetables are tender and the liquid has been absorbed -- about 30 minutes. (Follow the author's advice and start checking after 15 minutes to see if the mixture needs more broth. I ended up needing to add a quarter cup after 25 minutes because the lentils were still a bit crunchy.) Remove from heat.
3. Cut the lemon in half and squeeze the juice (Watch those seeds!) over the mixture. Then add in the chopped pistachios. Add more salt if needed, but if your broth is salty or the pistachios are heavily salted, you might not need to do so.
4. Scoop each serving into a bowl, and then top each bowl with a tablespoon or so of the pomegranate seeds and goat cheese, plus a sprinkling of parsley and mint. This can be served hot or at room temperature.