

Harvest of the Month

LENTILS

Appetizer/ Salad - Vegetarian

National Nutrition Month Feature

Lentil Avocado Bruschetta Prep Time: 20 min. Servings: 6

A refreshing Mediterranean appetizer that can also be served as a salad. Vary the vegetables and herbs to make your own version based on the season. Lentils are rich in fiber and protein and are easy to cook—with no soaking required. More recipes: www.lentils.org

- ***This recipe placed “Runner-Up” in the Lentils.org Recipe Contest for Food & Culinary Professionals.***

Ingredients:

- 1c dry whole green lentils (or 2 ½ c. cooked or canned lentils that have been drained and rinsed)
- 4 Tbsp. finely chopped fresh basil
- 1 c. chopped fresh tomatoes (cherry or other)
- 1 tsp. minced garlic (2 cloves)
- 1 Tbsp. olive oil plus 2 tsp. for toasting bread
- 1 Tbsp. vinegar (sherry, balsamic or apple)
- Pinch of salt
- ¼ t. ground black pepper
- 12 (1/2-inch) thick slices crusty bread, such as sourdough, country loaf or rye
- 1/2 ripe avocado, fine chopped



Photo: Katie Schmidt

Directions:

1. Cook the lentils in a 4 quart pan using 3 cups of water to 1 cup of dry lentils. Lentils will double or triple in size. Bring to a boil, cover tightly, reduce heat and simmer until they are tender (approx. 15-20 min.). Stir occasionally. Note: Lentils can be cooked in advance or use canned, drained & rinsed product.
2. Mix the basil, tomatoes, garlic, 1 Tbsp. olive oil, vinegar, salt and pepper together.
3. Lightly stir in the lentils.
4. Heat a sauté pan and toast the bread in 2 teaspoons olive oil (or non-stick spray) until golden, turning once.
5. Spread the lentil mixture onto crusty toasted French bread and top with pieces of avocado. Garnish with extra basil.



Photo: Katie Schmidt More info.: www.Lentils.org; www.eatright.org

Quick Tips:

- Recipe can be served as a salad.
- Optional additions: Feta cheese, Parmesan cheese, fresh minced parsley, Kalamata olives
- For a Mexican variation use cilantro instead of basil and add fresh jalapeno peppers and ¼ t. cumin.
- Keeps well in the fridge for 3-4 days.

Recipe from:

Ruth Lahmayer Chippis, MS, RDN, CD



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Serv. Size: ½ c. with 2 slices
baguette

Nutrition Facts

servings per container	
Serving size	(170g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 4mg	20%
Potassium 423mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.