



Lentil and Brown Rice Bowl

Bowl

2 cups of lentils
5 ¼ cups water
1 cup of brown rice
1 one-inch piece of Kombu (optional) *see note
Salt, to taste
½ cup olive oil plus 1-2 tbsp. for the cauliflower (bigger the cauliflower, the more you need)

2 large onions, peeled and thinly sliced
One large head of cauliflower
One tomato, diced
½ cup garbanzo beans, drained and rinsed
Torn spinach leaves

Yummus Sauce (optional) – make ahead of time and use to top your bowl.

3 tbsp. hummus
2 tbsp. olive oil
2 tbsp. lemon
½ tsp. turmeric
1 tsp. Sriracha (add more if you like it spicy)
½ tsp. cumin

1. Rinse the lentils and place them in a pot with the water. Bring to a boil then reduce the heat. Cover and simmer for 20 minutes.
2. Rinse the rice and add it to the lentils with the salt and kombu, if using. Simmer over low heat for about 30 minutes.
3. In the meantime, heat the olive oil in a frying pan and fry the onions over low-moderate heat until golden-brown, about 20 minutes.
4. Toss 1-2 tbsp. of olive oil over the cauliflower, season with salt and pepper and place in a shallow roasting pan. Roast the cauliflower at 425 degrees for 20 minutes. Halfway through cooking, turn the cauliflower so it doesn't get too brown on one side.
5. Transfer lentils and rice to a serving dish and top with the browned onions, tomatoes, garbanzo beans, spinach and roasted cauliflower. Serve with the yummus sauce **OR** drizzle with olive oil, a squeeze of lemon and a dollop of plain hummus.

*Kombu is edible dried kelp and is high in iodine and other minerals and vitamins. If you have thyroid issues take caution in using. Kombu makes an excellent flavoring agent and contains the amino acid glutamine.