



Cornell Health & Nutrition Balanced Choices for Life

Recipes

SIDE DISH/VEGETARIAN ENTRÉE: Easy Lentils

Ingredients

- 1 cup French green lentils
- 1 carrot
- 1 celery stalk
- 2 cloves garlic
- 1 bay leaf

Dressing

- 1-1/2 tablespoons olive oil
- 1 teaspoon red wine vinegar
- 1/2 teaspoon (or to taste) coarse salt
- Freshly ground black pepper
- 4 oz goat cheese, optional
- 1 cup cooked brown rice, optional

Directions

1. Rinse lentils and remove any stones etc.
2. Dice the carrot, celery and into 1/2 inch cubes; coarsely chop garlic
3. Add lentils, carrot, celery, garlic and bay leaf to a medium sauce pan.
4. Cover lentils etc by at least 2 inches with cold water. Bring to a boil. Cover, reduce heat and simmer until lentils are tender, 20-25 minutes. Drain into a colander then put into a serving bowl.
5. Mix olive oil, vinegar, salt and pepper and pour over lentils. Serve hot, warm or even cold. Crumble cheese on top if using as an entrée, and/or serve with brown rice

© 2009 Cornell Health and Nutrition