



Mediterranean Style French Lentils

Makes 6 servings ~ \$11.62 (\$1.94 per serving)

This lentil dish is truly exceptional. The recipe was a gift from my friend Nympe Kefel who is of Greek ancestry and knows just about everything there is to know about the flavors of the Mediterranean.

Ingredients

- 2 cups organic black "beluga" lentils, or the smallest French green lentils available
- 1 large organic yellow onion, peeled and diced
- 6 cups organic vegetable broth
- 3/4 cup organic carrots, peeled and diced small
- 2 organic garlic cloves, peeled and minced fine
- A drizzle of organic extra-virgin olive oil
- A squeeze of fresh organic lemon juice
- Salt and pepper to taste
- Crisped pita bread or toasted crostini

Directions

1. In a saucepan, place in the first 5 ingredients and mix together. Over a heat just high enough to simmer the ingredients, cook for about 20 minutes, stir occasionally and cook until the lentils are tender.

2. Let cool to room temperature and add the oil and lemon juice, stir to combine and salt and pepper to taste.

The salad may be served immediately or kept refrigerated for up to 5 days. Serve with a crisped pita or crostini to use as a scoop.

Recipe courtesy of Katharine Kagel, Café Pasqual's

More tips & recipes at www.localorganicmeals.com