

Recipe – Lentil and Rice Pilaf

Ingredients:

- 1 red bell pepper, chopped
- 1/2 cup green onion, minced
- 1/4 cup slivered almonds
- 3 TBS olive oil
- 2 cups cooked brown rice
- 2 cups cooked lentils *
- 2 TBS grated lemon peel
- 3 TBS fresh mint, minced
- juice of one lemon
- a few shakes of hot pepper sauce
- 1/4 tsp salt
- fresh greens for serving

Directions:

Saute pepper, onion and almonds for a few minutes in olive oil.

Mix together all ingredients but greens and heat for 2 – 3 minutes.

Serve on a bed of fresh arugula or mesclun greens.

Makes 6 - 8 servings.

* Cook lentils according to package directions or do this: Soak lentils over night in water to cover plus one inch. Next day, be sure there is still water to just cover. Add 1/2 cup tomato sauce and 1 TBS curry paste or Patak's garlic relish. Simmer for about an hour, or until lentils are just soft enough to eat. Salt, if permitted.