

Antipasto Lentils with Mushrooms from www.lentils.org

Ingredients:

- 1 T olive oil
- 2-3 cups of sliced, fresh mushrooms
- 3-3/4 cups vegetable broth
- 1-1/4 cups green or brown lentils, uncooked
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 3/4 cup chopped roasted red pepper
- 1/4 cup chopped sundried tomato, packed in oil
- 1/4 cup Kalamata olives, chopped or sliced
- 1/2 lemon, zest and juice
- 2 cups baby Arugula
- S&P
- Optional: 1/4 cup grated Asiago cheese

Directions:

1. Heat oil in a medium saucepan and add the mushrooms - quick sauté.
2. Stir in the veggie broth, lentils, oregano, and basil. Bring to a boil, reduce to a simmer, cover with a lid and cook until lentils are tender and liquid is absorbed, about 20 minutes.
3. Once the lentils are tender, stir in red pepper, tomato, olives, and lemon zest and juice. Cook for 2-3 minutes until the excess liquid is absorbed.
4. Stir in Arugula and season to taste with S&P
5. Serve in bowls with grated cheese.

Bon Appétit!

