Baked Red Lentil Patties

Ingredients

- 1 cup red lentils, rinsed
- 1 cup quinoa, rinsed
- 1 shallot, finely chopped
- 2 tablespoons extra virgin olive oil
- 2 cups cremini mushrooms, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1 teaspoon sea salt
- freshly ground pepper to taste
- 1 Tablespoon tamari
- 2 Tablespoons tomato paste
- 1/4 cup ground flax seeds
- 1 egg
- 1/2 cup chopped scallions
- 1/4 cup chopped cilantro or parsley
- cooking spray oil or extra olive oil

Directions

1. Bring 3 cups of water to a boil. Add lentils and quinoa, bring to a boil and then simmer for 15 minutes. Drain and set aside to cool.
2. Saute shallot in olive oil for 2 minutes, until starting to soften. Add mushrooms and cook until soft and juices are released, about 5 minutes. Add garlic and saute another minute until juices are absorbed. Add spices, salt and pepper, and let cool completely.
3. Combine lentils, quinoa and mushroom mixture. Add tamari, tomato paste, flax, egg, scallions, and herbs.
4. Scoop patties using 1/4 cup measure and place on parchment lined baking sheet with cooking spray. Refrigerate for 30 minutes.

5. Pre-heat oven to 400 degrees F. Spray the patties with cooking spray or brush with olive oil. Bake lentil patties for 25-30 minutes.

Recipe adapted from www.greennapkinnutrition.com

Acorn Squash with Quinoa and Black Lentils

Ingredients:

- 4 small acorn squash
- 2 cups cooked black lentils (can replace with black beans)
- 2 cups cooked quinoa (can replace with millet)
- 4 cups mushrooms (button, cremini or shitake), very finely chopped
- 2 clove garlic, minced
- 1 cup finely chopped parsley or cilantro
- ½ jalapeno, seeded and finely diced (use less for milder taste)
- 1 tsp sea salt
- Ground pepper, to taste
- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. raw apple cider vinegar

Directions:

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Remove stems from squash, cut in half and remove seeds.
3. Cut a thin slice of the skin from the outer edge of squash, perpendicular to cutting board, so it sits

without wobbling. Place squash flesh side down on baking sheet and bake for 45 minutes or until tender. Let cool.
4. To make filling, sauté mushrooms and garlic in ¼ cup vegetable broth over medium-low heat for 5 minutes, until fully cooked. If needed, add additional broth while cooking.
5. In a large bowl, combine remaining ingredients. Stir in mushrooms and garlic
6. Spoon filling into squash, pressing down mixture slightly.
7. Bake squash for 20 minutes or until heated through and Enjoy!

Kale & Lentil Soup

Feel free to substitute your favorite vegetables. This vegan, gluten-free soup is one of the easiest ways to chock your diet full of antioxidants.

- 8 cups vegetable broth
- 6 cups water
- 1 1/2 cups red lentils, rinsed
- 2 carrots, diced
- 2 onions, diced
- 1 bunch kale, stem removed, roughly chopped
- 2 cloves garlic
- ½ teaspoon red pepper flakes (optional)
- 1 tablespoon parsley
- ½ lemon, zested
- 1 teaspoon turmeric
- Salt and pepper to taste

Add vegetable broth, water, carrots, onions, kale and garlic to a large pot. Bring to boil and lower heat immediately. Cook

until tender, about 10 minutes.

Stir in rinsed red lentils, red pepper flakes, parsley, lemon zest, turmeric, salt and pepper. Cook on low heat for 5 more minutes.