

The Healthy Cook

Rich. Earthy. Dramatic. That's black lentils. For two cups, simmer ¾ cup of lentils in 1½ cups of water until just tender, 15-20 minutes. No black lentils? Try cooked white beans or French lentils.

Warm Black Lentils & Tomato

 SERVES 4

- 3 Tbs. extra-virgin olive oil
- 3 cloves garlic, sliced
- ¼ tsp. crushed red pepper (optional)
- 3 cups chopped fresh tomatoes
- 2 cups cooked black lentils
- 1 Tbs. capers
- ½ tsp. kosher salt



1. Heat the oil in a large pan over medium heat until shimmering hot. Sauté the garlic and red pepper until fragrant, 30 seconds to 1 minute.
2. Stir in the tomatoes and simmer until softened, 2-3 minutes.
3. Stir in the lentils, capers, and salt.

PER SERVING (1 cup): calories 250 | total fat 11 g | sat fat 1.5 g | carbs 28 g | fiber 13 g | total sugar 4 g | added sugar 0 g
protein 11 g | sodium 300 mg

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Crunchy Black Lentil Salad

 SERVES 4

- 1 tsp. lemon zest
- 2 Tbs. fresh lemon juice
- 1 tsp. dijon mustard
- 2 Tbs. minced shallot
- 2 Tbs. extra-virgin olive oil
- ½ tsp. kosher salt
- 2 cups cooked black lentils
- 1 cup sliced celery heart
- ¼ cup chopped walnuts
- ¼ cup shaved Manchego or parmesan cheese
- Freshly ground black pepper



1. In a large bowl, whisk together the lemon zest, lemon juice, mustard, shallot, oil, and salt.
2. Toss with the lentils, celery, walnuts, and cheese. Season to taste with the pepper.

PER SERVING (3/4 cup): calories 280 | total fat 14 g | sat fat 3 g | carbs 26 g | fiber 12 g | total sugar 2 g | added sugar 0 g
protein 13 g | sodium 340 mg