

CRISPY LENTILS W/WALNUTS



Time Required:
35 minutes



Servings: 2

INGREDIENTS:

- 1 cup of lentils, precooked
- 1 cup of kale, shredded
- 1/2 cup walnuts, chopped
- 2 tsp lemon zest
- canola, vegetable, or olive oil
- salt to taste

Optional add-ins:

- 2 eggs (fried or sunny side up on top)
- 1 tsp Za'atar seasoning
- Chopped scallions on top
- Onions (sauteed with the kale, lentils, and walnuts)

STEPS FOR COOKING:

1. Rinse and cook the lentils according to the package directions.
2. Add a few tablespoons of oil to a pan and set it to low to medium heat.
3. Add the shredded kale and saute until it is bright green.
4. Add the walnuts, lentils, salt, and any additional seasoning you would like and continue to saute until fragrant and crispy.
5. If adding eggs, crack the eggs over the mixture, sprinkle with a little salt, and cook until the eggs are crispy and yolk is cooked through.
6. Serve alone or over rice.

Recipe Source: <https://www.johnnyskitchen.us/seasonal-cuisine/crispy-lentils-with-walnuts-and-za-atar.html>

WIC Foods:

- Kale
- Lemon
- Eggs

Pantry Foods:

- Lentils
- Walnuts

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