

Italian Style Lentils



A dressing made with the bold flavor of balsamic vinegar and the robust flavor of tomato paste turn these old world pantry staples into a modern Italian style dish. Serve this quick and hearty side dish with your favorite fish or lean meat or chicken. Also, great as a vegetarian protein source.

Yield: 6 portions, ½ cup portion size

Timing: Prep Time = 15 minutes. Lentil cooking time: 20 minutes. Total Time = 35 minutes

Ingredients

- 1-cup lentils dry
- ½ cup scallions, chopped
- ½ cup basil leaves, chopped, reserve a few leaves for garnishing
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons tomato paste
- ¾ teaspoon salt, separated
- ¼ teaspoon black pepper plus 1/8 teaspoon

Method of Production (Instructions)

Cook lentils according to package directions. Cool to room temperature.

In a medium size bowl, combine cooked lentils with scallions and basil leaves. Add salt and pepper and toss gently. Set aside.

Dressing:

In a small bowl whisk together oil, balsamic vinegar and tomato paste and season with ¼ teaspoon salt and 1/8 teaspoon pepper or to taste. Pour dressing over lentils and toss gently. Garnish with basil. Serve.