

Lentil Avocado Bruschetta

This refreshing vegetarian appetizer is infused with Mediterranean flavors. The addition of lentils provides protein and fiber. Vary the vegetables and herbs depending on the season. Lentils are easy to cook—with no soaking required. Note: For quick demo purposes, lentils can be cooked in advance or use canned, drained & rinsed product. Utilize an electric skillet or hotplate to toast the bread.

Quick Tips:

- Can be served as a salad.
- Optional additions: Feta cheese, Parmesan, fresh minced parsley, Kalamata olives.
- For a Mexican variation use cilantro instead of basil and add fresh jalapeno peppers and ¼ t. cumin.
- Keeps well in the fridge for 3-4 days.

Yield: # of portions and portion size: 6 portions (2/3 c. per serving)

Timing: Prep Time = 10 min. Total Time = 20 min.



Ingredients

- 1c dry whole green lentils (or 2 ½ c. cooked or canned lentils that have been drained and rinsed)
- 4 Tbsp. finely chopped fresh basil
- 1 c. chopped fresh tomatoes (cherry or other variety)
- 1 tsp. minced garlic (2 cloves)
- 1 Tbsp. olive oil plus 2 tsp. for toasting bread
- 1 Tbsp. vinegar (sherry, balsamic or apple)
- Pinch of salt
- ¼ t. ground black pepper
- 12 (1/2-inch) thick slices crusty bread, such as sourdough, country loaf or rye
- 1/2 ripe avocado, fine chopped

Method of Production (Instructions)

1. Cook the lentils in a 4 quart pan using 3 cups of water to 1 cup of dry lentils. Lentils will double or triple in size. Bring to a boil, cover tightly, reduce heat and simmer until they are tender (approx. 15-20 min.). Stir occasionally. Note: For quick demo purposes, lentils can be cooked in advance or use canned, drained & rinsed product.
2. Mix the basil, tomatoes, garlic, 1 Tbsp. olive oil, vinegar, salt and pepper together.
3. Lightly stir in the lentils.
4. Heat a sauté pan and toast the bread in 2 teaspoons olive oil (or non-stick spray) until golden, turning once.
5. Spread the lentil mixture onto crusty toasted French bread and top with pieces of avocado. Garnish with extra basil.

Makes 6 Servings