



Maple Leather Company & GreatBags® presents...

Selections from our “Mucho Easy” Recipe Collection

### *French Lentils with Spicy Greens*

Although the spring bulbs are coming up in our neighborhood, we are still enjoying hearty soups and stews when it is chilly in the evening. We got some French Lentils this week to try out this unusual recipe and really like their nutty flavor in combination with the greens.

#### Ingredients:

- 1-2 Tablespoons Extra Virgin Olive oil
- 1 cup coarsely chopped onions
- 1 cup diced carrots
- 2 teaspoons ground or pwd. coriander
- 1 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 4 cups vegetable stock or water & boullion
- 1 1/2 cups french green lentils

#### add at end:

- 4-6 cups coarsely chopped fresh arugula, watercress, or young mustard greens, beet greens, or swiss chard
- 3/4 teaspoon salt or to taste

#### Process:

Heat oil and sautee onions and carrots over med. high heat, stirring frequently, for 1-2 minutes. Stir in the spices, and add the Stock/water and lentils. Bring to a boil and cook for 20-25 minutes. Check to see if the lentils are tender, cook a little longer if needed. Add the greens and simmer 2-3 minutes. If you only plan to eat half the pot at the first seving, set some aside before you add the greens and add greens to that portion when re-heating.

Serve with a salad and crusty bread.

Enjoy with friends!

Lisa and Seymour

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