

Saged Greens with Lentils

We celebrate a true “power couple” tonight. Heart-healthy, high protein lentils get married to the pride of K Street (vitamin K that is), Swiss Chard. They arrive for this evening’s festivities with an entourage of protein-powered quinoa and widely acclaimed caramelized onions.

It promises to be a most memorable event, presented in good taste.

Preparation time: 45 minutes - Servings: 2 (with leftovers)

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates before you start. Enjoy the cooking experience by being prepared to savor every moment. There are 3 onion preps tonight: 1/2 C. chopped for the Lentils, 1/2 C. chopped for the Saged Greens and 1-1/2 C. sliced for the Caramelized Onions.

Lentils

1 C. washed green or brown lentils
1/2 C. yellow onion (chopped)
1 bay leaf
2-1/2 C. water
1 cube Not Chicken Bouillon or similar meatless bouillon
2 T. balsamic vinegar

Quinoa

1 C. tricolor quinoa
2 C. Water

Caramelized Onions

2 tsp. olive oil
1-1/2 C. yellow onions (thin-sliced)
1/2 tsp. baking soda
1/2 C. white wine

Saged Greens

2 tsp. olive oil
2 tsp. low-sodium soy sauce or tamari
2/3 C. low-sodium vegetable broth
2 T. balsamic vinegar
1 clove garlic (smashed and chopped)
1/2 C. yellow onion (chopped)
1 bunch chard (stems and leaves chopped separately)
5 fresh sage leaves (stacked, rolled, finely chopped)

Garnish:

4 tsp. crumbled feta cheese

Let's Prepare, Cook, and Plate This!

Start by Cooking Lentils and Quinoa

Lentils:

Wash lentils and place in a medium saucepan with onion, bay leaf, water, bouillon cube and vinegar. Mix well. Bring to a boil, reduce heat to medium-low, cover and cook 25 minutes or until lentils are tender. Add more water if needed.

Quinoa:

Bring quinoa and water to boil in a small saucepan. Once water reaches a hard boil, turn off heat, cover and let stand on the cooling burner until ready to serve.

Caramelized Onions

Heat oil in a large deep-sided sauté pan until it begins to shimmer. Add sliced onion and baking soda and toss until onions are well browned. Add wine and toss until wine cooks away. Remove from heat and set aside.

Saged Greens

1. Using a deep, heavy-bottomed sauce pan, combine oil, soy sauce, broth, vinegar, garlic and onion, chopped chard stems and chopped sage leaves.
2. Bring to a boil. Reduce heat to medium-low and cook 10-minutes.
3. Add chopped chard leaves and toss for 3 minutes. Remove from heat and serve.

Plate the Meal

1. Measure a mound of 3/4 C. quinoa into the center of each dinner plate. Hollow out the center of the quinoa mound.
2. Ladle (3/4 C.) of lentils into the center of the quinoa.
3. Arrange greens around the outside of the circle of quinoa and lentils.
4. Using a fork, separate the caramelized onions and arrange over the top of the lentils.
5. Garnish plates with feta cheese.

What I've Learned from this Recipe

Lentils are 25% protein. They're also packed with B vitamins, magnesium, zinc and potassium. These edible seeds from the legume family are loaded with phytochemicals which protect against chronic diseases. Lentils also improve blood sugar levels and protect against vascular damage. They're a terrific staple food for any kitchen. Let us know what you think, and ask any questions you may have! chezdon@plate6.com