



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Turmeric Stewed Cauliflower with Red Lentils

Ingredients:

- 2 Tbsp canola oil
- ½ cup thinly sliced shallot
- 3 garlic cloves, chopped
- 1 head cauliflower, cut into medium size florets
- 1 tsp ground turmeric
- 2½ cups vegetable stock
- 1 cup split red lentils
- 1 Tbsp lemon juice & zest
- 2 Tbsp chopped green onions (reserve some for garnish)
- ½ cup toasted sliced almonds (reserve some for garnish)
- ½ tsp salt
- ½ tsp ground black pepper

Directions:

1. Heat 1 Tbsp (15 mL) canola oil in a large pot. Add shallots and garlic and sauté until tender. Add cauliflower florets and cook on medium heat until cauliflower is lightly browned. Add remaining canola oil and turmeric and continue to cook for another 1-2 minutes.
2. Deglaze with stock and stir in lentils. Simmer for 7-10 minutes, or until lentils are cooked and cauliflower is tender.
3. Once cooked, add lemon juice, zest, onions, and almonds. Season with salt and pepper.
4. Portion into bowls and garnish with onions and almonds.

Serves 6

260 calories, 10 g fat, 1 g saturated fat,
30 g carbohydrate, 9 g fiber, 13 g protein,
290 mg sodium

Source: Lentils.org

