

# Moroccan Lentils and Quinoa with Yogurt Sauce

Reverend Jamie Askin, Spiritually Delicious

## Lentils:

- 2 tsp Olive oil, divided
- 2 red bell peppers, diced
- 1/2 cup brown lentils, rinsed and drained
- 1 1/2 cups water
- 1 cup quinoa, sorted and rinsed
- 1/2 teaspoon salt, divided
- 1 (7-ounce) jar oil-packed julienned sun-dried tomatoes, oil reserved, chopped
- 1/2 cup slivered almonds
- 1/3 cup crumbled feta cheese
- 2 green onions (whites and greens), chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 1 tsp Ras al Hanout
- 1/2 teaspoon ground white pepper, divided

## Sauce:

- 1/4 cup cilantro chopped
- 1/4 cup mint leaves chopped
- 1 cup plain low-fat greek yogurt
- 1 persian cucumber, chopped in small pieces
- 1 tsp lemon juice or red wine vinegar

Bring 1 1/2 cups of water to a boil over high heat in a large saucepan.

Add the lentils and return to a boil.

Reduce the heat to medium-low, cover the saucepan with a lid, and cook for 15 minutes.

Add the quinoa and 1/4 teaspoon of the salt to the lentils, cover the saucepan once more, and cook, allowing the quinoa to absorb all of the remaining liquid and become plump, about 10 minutes.

Remove the saucepan from the heat and rest, covered, for 5 minutes longer. Fluff the mixture with a fork.

In a saute pan, heat oil and saute red peppers until softened, set aside and allow to cool.

Add the sun-dried tomatoes and 2 tablespoons of the reserved tomato oil along with the almonds, feta, green onions, garlic, cumin, thyme, the remaining 1/4 teaspoon of salt, and the pepper. Using the fork, stir to combine.

In a small bowl, combine sauce ingredients and taste for flavor, adjust seasonings and salt if needed.

<b>Nutrition Facts</b>	
<b>Serving size:</b> 1 cup	
<b>Servings:</b> 4	
<b>Amount per serving</b>	
<b>Calories</b>	<b>399</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 15.9g	<b>20%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 8mg	<b>3%</b>
<b>Sodium</b> 421mg	<b>18%</b>
<b>Total Carbohydrate</b> 49.5g	<b>18%</b>
Dietary Fiber 9.9g	<b>35%</b>

Total Sugars 11.8g	
<b>Protein 19g</b>	
Vitamin D 0mcg	1%
Calcium 246mg	19%
Iron 5mg	28%
Potassium 1213mg	26%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by

