

## **Lentils: Brown, Fr. Green, Red**

**Spicy lentil soup:** from More With Less Cookbook

Combine: 6 C. Broth/water [chicken, beef or ham]

½ lb. dry brown lentils - cook for 30 minutes, until lentils tender

Add: 2 carrots, chopped/slices

½ C green onions

1 clove garlic, crushed

1 ½ C tomato juice [canned tomatoes etc]

½ C chopped parsley

½ t oregano

Salt & pepper to taste

Bring to a boil, reduce heat and simmer just until carrots are tender.

*Options:* add diced meat of your choice-ham, sausage

Add: ½ t cumin when cooking lentils for extra flavor

Stir in as served: 1 T wine vinegar

Double and freeze half

Red lentils: cook faster and softer

**HUMMUS:** Marrakesh in JAX has homemade hummus daily

1 can [15 oz] chick peas [aka ceci], drained and rinsed

5T water

¼ C tahini [sesame paste] stir well

3 T fresh lemon juice [or more to taste]

½ small clove garlic [more to taste]

1 ½ T olive oil

Salt

1/8 t cumin

Pinch cayenne pepper

1T minced parsley or cilantro

*Serving:* ¼ C = 100 Calories

Put in food processor: chickpeas, water, tahini, lemon juice, oil, garlic, ½ t salt, cumin & cayenne process until smooth-1-2 minutes.

Transfer to bowl to refrigerate and let flavors blend.

Sprinkle with parsley.

Options: Lemon: increase lemon juice to ¼ C & add ½ t

grated lemon zest. Roasted red pepper: Add ¼ C jarred

or fresh roasted red peppers to processor with chick

peas. Olive: Add 2 T pitted kalamata olives as

processing

Once you like one recipe, try another recipe and compare.

## **Useful recipe books:**

Clean Food—Terry Walters

Honest Pretzels-Mollie Katzen [for kids]

Kids: Deceptively Delicious: J. Seinfeld

Molly Katzen's many adult/kid choices

Moosewood - any versions

More with Less: DJ Longacre

New Vegetarian Epicure—Anna Thomas

Salad People- Mollie Katzen [for kids preK & up]

## **Magazines:**

Cooking Light

Cooks' Illustrated or sister series

Eating Well

Prevention

Nutrition Action Healthletter

Vegetarian Times

## **Web:**

CSPI.net.org *lots of food and science info*

*Many cookbooks like Cook's Illustrated have web sites*

*... 'Endless resources'*

## **Restaurants:** who buy local ingredients

Beaufort Grocery, Beaufort

Blue Moon Bistro, Beaufort

Auturo: New Bern

Chadwick House: New Bern

ElCerro Grande: New Bern

Persimmons, New Bern

Shepherd's Point, Morehead City

The Bistro, Morehead City

<http://www.LocalHarvest.org> has farm/restaurant and more listings for USA