



SPECTRUM HEALTH

Cooked Lentils in Boston Bibb Lettuce Cups

Yield: 10 servings

Ingredients

4 tablespoons water for sautéing without oil
2 cup carrots, cubed
2 cups shallots, cubed
8 cloves garlic, minced
3 tablespoons tomato paste
4 cups brown lentils
2 tablespoons fresh thyme, chopped
8 cups water
4 tablespoons soy sauce, reduced-sodium
2 tablespoons Dijon mustard
1 teaspoon kosher salt
2 teaspoons black pepper
30 leaves Boston Bibb lettuce

Instructions

1. Heat a medium saucepan over medium heat. Add water to pan.
2. Add carrots, shallots and garlic and cook for 4 minutes.
3. Add tomato paste; cook 4 minutes, stirring frequently.
4. Add lentils, thyme and 4 cups water; bring to a boil.
5. Cover, reduce heat and simmer 30 to 35 minutes or until lentils are tender.
6. Remove from heat; let stand 10 minutes. Stir in remaining ingredients. Cool to room temperature before proceeding with next step.
7. Divide into 30 leaves of Boston Bibb lettuce.
8. Fill each leaf with $\frac{1}{4}$ cup of the lentil mixture.

Nutrition Information **Serving Size: $\frac{3}{4}$ cup**

Calories: 142 | Total Fat: 1 g | Saturated Fat: 0 g | Sodium: 590 mg
Total Carbohydrate: 27 g | Dietary Fiber: 9 g | Sugars: 6 g | Protein: 10 g

Recipe inspired by Sidney Fry, MS, RD at cookinglight.com. Adapted and nutrition calculated by Werner Absenger, PhD, RD at MindBodyMed.com.

Presented by
Culinary Medicine

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