

Mediterranean Lentils with Mushrooms & Greens

2 servings

½ cup green lentils

1 tsp oregano

1 tsp thyme

2 cloves garlic

3 Tb extra virgin olive oil

½ lb shiitake mushrooms stems removed caps sliced ½" thick

3 cloves garlic minced

½ tsp thyme

½ tsp oregano

Celtic Sea salt & pepper

¼ cup Kalamata olives

4 cups swiss chard green parts coarsely chopped or spinach

1 Tb chopped parsley

1 Tb balsamic vinegar

- In a small saucepan bring 2 ½ cups of water to boil with lentils garlic, thyme and oregano.
- Cover and simmer over low heat for 30 minutes or until lentils are tender.
- While the lentils are cooking, heat 2 Tb of olive oil in a medium saucepan.
- Add the shiitake and season with salt. Turn the heat down to low cover, cook stirring until mushrooms are tender and starting to brown about 5 minutes. Add 1 Tb olive oil, garlic, oregano, thyme and olives. Cook stirring 1 minute. Add greens and cook until wilted 2 minutes.
- When the lentils are done, add lentils and their cooking liquid (there should be very little) to the mushrooms and simmer for 3 minutes.
- Stir in the balsamic vinegar. Taste for salt and pepper.
- Ladle into bowls and garnish with parsley

