

# Herb Garlic Lentils

4 servings

1 cup dried green, brown, or French lentils  
2 cups water  
1 bay leaf  
1 garlic clove  
1 tsp dried thyme or 3 sprigs fresh thyme  
1/4 - 3/4 teaspoon salt

*Any amount of lentils can be cooked in this manner. Just maintain the 2:1 ratio of water to lentils described below.*

- Measure the lentils into a strainer or colander. Pick over and remove any shriveled lentils, debris, or rocks. Thoroughly rinse under running water.
- Transfer the rinsed lentils to a saucepan and pour in the water. Add any seasonings being used, reserving the salt.
- Bring the water to a rapid simmer over medium-high heat, then reduce the heat to maintain a very gentle simmer. You should only see a few small bubbles and some slight movement in the lentils. Cook, covered, for 20-30 minutes. Add water as needed to make sure the lentils are just barely covered.
- Lentils are cooked as soon as they are tender and no longer crunchy. Older lentils may take longer to cook and shed their outer skins as they cook. Strain the lentils and remove the bay leaf and thyme sprigs. Return the lentils to the pan and stir in 1/4 teaspoon of salt. Taste and add additional salt as needed.
- Cooked lentils will keep refrigerated for about a week. Season them with olive oil, lemon juice, vinegar, parsley or cilantro. You can eat them with sautéed or steamed vegetables. They are a great tossed into a salad.