



Beluga Lentils with Spinach and Butternut Squash

These black **lentils** are called **beluga** because of their resemblance to caviar. They stay intact and maintain a firm texture. But the flavors of brown lentils or French lentils are close enough to make them interchangeable in this recipe. I love lentils because unlike other beans, lentils do not contain sulfur, the gas-producing element in the other legumes. In addition to being an excellent source of soluble fiber and a good source of protein, they contain manganese, iron, phosphorous, copper, vitamin B1 and potassium. Lentils also contain molybdenum, a mineral important in the metabolism of fats, carbohydrates and iron

4 servings

¼ cup sun dried tomatoes (6) soaked in boiling water, drained and sliced

1 butternut squash, peeled seeded, cubed (about 5 cups)

4 Tb olive oil

¾ cup black beluga lentils

2 cups water or stock

1 bay leaf

½ tsp dried thyme

1 large onion, chopped

2 cloves garlic, minced

¼ cup fresh parsley minced

5 oz spinach coarsely chopped

Celtic salt and pepper

1 Tb umiboshi vinegar, apple cider or balsamic vinegar

- Preheat oven to 425°
- Soak sundried tomatoes
- Place the butternut squash on a rimmed baking sheet and toss with

2 Tb of the olive oil, sprinkle with salt, roast for 25-30 minutes until lightly brown.

- Put lentils into a pot with water, bay leaf and dried thyme. Bring to a boil, cover and simmer on low for 25-30 minutes until tender but not soft.
- While the lentils are cooking and the squash is roasting
- Heat the remaining 2 Tb olive oil in a large sauté pan. Add onion sauté on medium low for 5 minutes until softened.
- Drain the sundried tomatoes and slice.
- Add garlic and sundried tomatoes. Sauté 2 minutes. Add spinach, sauté 2 minutes until wilted.
- Turn off the heat add the parsley.
- When the butternut squash is done add to the onion mixture
- Drain the lentils and rinse. Add them to onion mixture.
- Mix to combine evenly
- Taste for salt and pepper
- Serve with a drizzle of vinegar on top